CANADA WILL APPEAL EU SEAL BAN, PG 6

Wednesday's Jackpot
$15,000,000
estimated
LOTTO 649

The world's largest global newspaper
metro
TORONTO • TUESDAY, JULY 28, 2009
metronews.ca

You can save up to 3 lives.
Please call 1 888 2 DONATE ext.222
Canadian Blood Services
it's in you to give
BLOOD.CA WWW 1 888 2 DONATE

Shelter has charity status revoked

AUDIT The Canada Revenue Agency has revoked the charitable registration status of The Mission Against Poverty Shelter, a Toronto-area charity.

The agency said in a release that an audit revealed "serious issues of non-compliance with the Income Tax Act."

It said the shelter was unable to provide proper records for financial information it reported, including income for which it issued tax-receipts and its operating revenue.

For the 2006 fiscal period, the charity reported that it issued $36,572 in tax-receipted donations but the CRA says it has evidence indicating the shelter issued official donation receipts totalling $265,179 — a discrepancy of $228,607.

THE CANADIAN PRESS

Business pg 11

Feds urged to look at Nortel sale

Sports pg 17

Aussie tops Open field

Entertainment pg 30

Bachelorette chooses Ed

ShareYourViews
torontoletters@metronews.ca

ADRIEN VECZAN/TORSTAR NEWS SERVICE

City workers Charlie Genova, left, Stacey Nils and Trevor Abbott celebrate the announcement yesterday that the city and unions reached an agreement by burning strike signs at the Disco Transfer Station in Etobicoke.

Give-and-take ends city strike

Both parties make concessions on key issue of sick days

It was compromise by both sides on the strike's key issue — city employees' ability to bank sick days until a rich retirement payout — that let exhausted negotiators finally shake hands after 35 days of bruising discord, sources say.

The 3,000 workers hit the bricks June 22 determined to preserve the system allowing them to accumulate up to six months of unused sick time to be paid out when they left or retired.

Mayor David Miller has argued the city is no longer able to afford the provision and should scrap it, giving employees an immediate but partial payment for banked time, estimated to average $8,500.

Three sources confirmed that yesterday's wee-hours breakthrough gives workers an option: Take the immediate cash, or freeze what's now in the bank and collect the payout upon retirement.

No further sick days can be accumulated as the city moves to a short-term disability plan that only provides benefits to those who are ill or injured.

The compromise lets the city say it ended the sick bank system because no further days will accumulate and many workers will want the instant cash. But it also allows the leaders of the two striking Canadian Union of Public Employees locals to say they protected the banked time of members who want to hold on to it until retirement. Miller, asked yesterday if sick day banking is over, would only say: "Any issue at the table, to reach agreement there has to be flexibility on all sides."

Miller said the deal falls within parameters set by council before the strike and "is consistent with 2009 public sector settlements." He enraged union leaders mid-strike by publicly releasing an offer with a one per cent pay hike in each of the first two years, two per cent in 2011 and three per cent in 2012.

TORSTAR NEWS SERVICE

T.O.CivicStrike

$249M

The sick bank is a key issue for the city. The most recent financial statements show unused sick pay will cost $249 million in future payments, offset by reserves of only $63 million.

Hold your nose for a couple more days

T.O.CivicStrike

Don't put your garbage out on the curb just yet. And don't even think about shipping the kids back to daycare this week.

Despite tentative agreements forged yesterday between the city and its striking workers, most municipal services are unlikely to resume until the weekend at the earliest.

Members of CUPE Local 416 and Local 79 will vote on their agreements tomorrow. Should they vote to ratify, city council will hold its own ratification vote Friday.

"It will take several days in many operations and program areas before the city can offer full service to residents and businesses," city officials said in a news release. "For example, swimming pools must be cleaned and refilled, child-care centres must be reopened, cleaned and stocked with food, parks need maintenance and grass cutting, licence renewals and inspection applications must be processed, and many other matters must be addressed."

City manager Joe Pennachetti said the city will provide "pages" of detailed service resumption plans to the media and on the city's website once the agreements are ratified.

TORSTAR NEWS SERVICE

TARA WALTON/TORSTAR NEWS SERVICE

CUPE Local 79 president Ann Dembinski updates the media yesterday outside the Sheraton Centre Toronto Hotel.

Free Daily News Group Inc., operating as Metro Toronto 1 Concorde Gate, Suite 703, Toronto, Ontario M3C 3N6. Publisher: Bill McDonald

Durham police search for man near home fire

Durham region police are searching for a man spotted near a Brock Township house that went up in flames on July 26. Police said a white, 5'8 male with a medium build, short brown hair and a round face left the scene of the fire along a pathway behind the house. TORSTAR NEWS SERVICE

Local

RCMP set to announce huge heroin bust

The RCMP is set to announce a heroin bust they say is one of the biggest in Canadian history today. The drugs were snagged at Pearson Airport where they were found concealed in luggage. Three men are charged with possessing the proceeds of crime, and will face multiple drug charges. The bust was made after a three-week investigation by a new police force called the Control Delivery Team, which combines the efforts of officers from the RCMP, OPP, Toronto and Peel region police, the Toronto Airport Drug Unit, and the Canada Border Services Agency. TORSTAR NEWS SERVICE

INDEX

Canada Pg 6
World Pg 8
Comment Pg 10
Business Pg 11
Your Money Pg 16
Sports Pg 17
Workology Pg 21
Health & Beauty Pg 24
Entertainment Pg 29
TV Listings Pg 33
Celebrity Buzz Pg 34
Take Five Pg 35

Tomorrow's Metro

Comments

Paul Sullivan brings his West View on current Canadian events to Metro's pages

metronews.ca
WHAT'S ONLINE TODAY

Video Canada will go to the WTO to protest the European Union's ban on seal products at **metronews.ca/canada**

Blogs Need a date for your dog? Looking for love with an inmate? Sexcetera has the right dating sites for you

Your Money Allan Small on the signs that the economy has finally turned the corner at **metronews.ca/investing**

Lotteries

Ontario Pick 3: 3 0 4; **Ontario Pick 4:** 2 2 4 1
Encore: 0944179
Daily Keno: 1, 7, 14, 16, 20, 21, 23, 26, 27, 28, 29, 34, 36, 37, 39, 42, 51, 52, 55 and 59.
These results are not official.

EMS as an essential service?

Paramedics will lobby province for move following civic strike

Toronto paramedics want the province to declare them an essential service, arguing it will save more lives.

The Toronto Paramedic Association (TPA) made the public statement yesterday shortly after a tentative agreement was announced in the city's 35-day strike.

As an essential service, labour issues involving paramedics would go directly to arbitration, as with police officers and firefighters. They would also be given the ability to retire early because of the physical demands of the job, said Roberta Scott, a TPA spokesperson.

The city strike was particularly trying for Toronto's paramedics, who came under scrutiny after witnesses said it took it more than 30 minutes to respond to Jim Hearst, who lay dying of a heart attack in his apartment building as neighbours tried to save him on June 25.

75 Paramedics were operating at only 75 per cent capacity during the strike.

Bruce Farr, chief of Toronto EMS, maintains it took paramedics 9 minutes to respond to Hearst, and that they delayed entering the building because of unspecified health and safety concerns.

The Ontario Paramedic Association will join the TPA in lobbying for the change, that would make EMS an essential service across the province.

TORSTAR NEWS SERVICE

$158M scam nets two years in jail

TELEMARKETING A Toronto man will serve a two-year sentence in a federal penitentiary for his involvement in a fraudulent telemarketing scheme that generated an estimated $158 million over a 10-year period.

Role

- Another man, Paul Barnard, 57, has already received a two-year conditional sentence for his role in the scam.

Bernard Fromstein, 57, has also been sentenced to the maximum three years of probation and is prohibited from engaging in any form of telemarketing for 10 years.

Fromstein, the founder and former president of DataCom Marketing Inc., pleaded guilty in the Ontario Superior Court of Justice to five criminal charges under the deceptive telemarketing provisions of the Competition Act. THE CANADIAN PRESS

Queen and Sherbourne **Cooling his heels**

MICHAEL STUPARYK/TORSTAR NEWS SERVICE

Security guard Rohit Sharma stands by the Queen and Sherbourne garbage dump site yesterday looking on as Brutus, the mixed German Sheppard, enjoys a cooling session in a Moss Park Arena ice rink mound.

Arssei Hindessa

Man gets life for Ryerson death

COURT A Toronto man has been sentenced to life in prison without possibility of parole for 18 years in the stabbing death of his girlfriend.

Arssei Hindessa was convicted of second-degree murder in March in the 2006 death of Natalie Novak.

The 20-year-old Ryerson University student had been found dead in her apartment, stabbed nine times in the chest and her throat slit.

Police said at the time there had been an "on-and-off, hot-cold" relationship between the victim and the accused, and he had previously assaulted her three times.

THE CANADIAN PRESS

News in brief

MACHETE Police are seeking witnesses to a savage machete attack on a 25-year-old man in Ajax. One man and two youths chased and cornered the victim behind the Hasty Market plaza on Harwood Avenue South, south of Kingston Road West, about 8 p.m. Friday, police said. He was slashed on the skull and left arm but is expected to live.

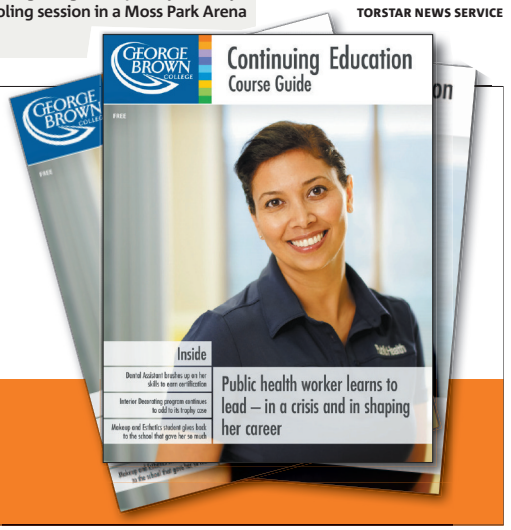
TORSTAR NEWS SERVICE

This is the time to invest in you

Learn how with your free George Brown College Continuing Education Course Guide.

Make your time and money work for you with our affordable learning opportunities. You can gain practical skills, learn something that excites you, advance your career, meet new people, achieve that competitive edge and take classes at your convenience.

Pick up your copy of the Course Guide at Gateway Newstands in TTC and GO stations.



GEORGE BROWN COLLEGE

Register now for fall classes at
coned.georgebrown.ca

ROGERS™
authorized dealer

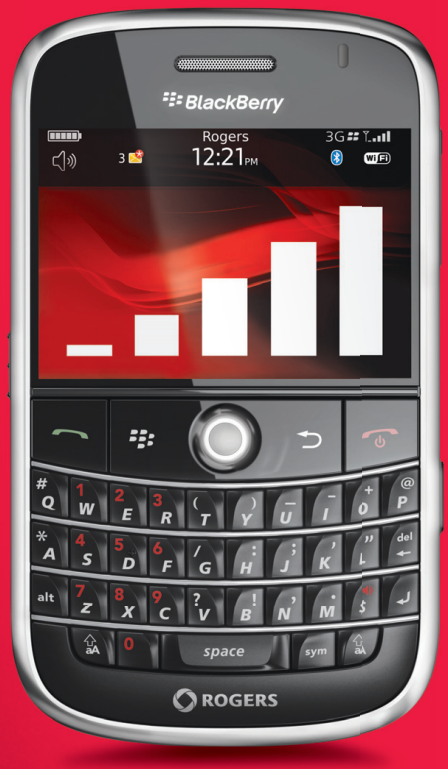
AJAX
85 Kingston Rd., Unit 7
105 Bayly St. W, Unit 19B
AURORA
15483 Yonge St., Unit 2B
BOLTON
12612 Hwy. 50, Unit 15
BRAMPTON
253 Queen St. E, Unit 3
4520 Ebenezer Rd., Unit 6
Bramalea City Centre
Shopper's World
BROOKLIN
5969 Baldwin St. S, Unit 7
COBOURG
975 Elgin St. W, Unit B
DOWNSVIEW
1118 Finch Ave. W, Unit 1
ETOBICOKE
850 The Queensway
1234 The Queensway
22 Dixon Rd.
6620 Finch Ave. W, Unit 4
Sherway Gardens
GEORGETOWN
Georgetown Mall
265 Guelph St., Unit 3
MAPLE
2943 Major Mackenzie Dr., Unit 4
MARKHAM
Metro Square Mall
Pacific Mall
First Markham Place
7780 Woodbine Ave., Unit 3
9570 McCowan Rd., Unit 4
505 Hood Rd., Unit 12
MISSISSAUGA
7955 Financial Dr., Unit B
6465 Airport Rd., Unit 102
1100 Burnhamthorpe Rd. W, Unit 13
Dixie Outlet Mall
6325 Dixie Rd., Unit 1
888 Dundas St. E, Unit K8
3105 Dundas St. W, Unit 102
Erin Mills Town Centre
153 Lakeshore Rd. E
808 Britannia Rd. W, Unit 2
Meadowvale Town Centre
6295 Mississauga Rd., Unit 102
Square One (2 locations)
25 Watline Ave., Unit 10
102-3021 Argentia Rd.
NEWMARKET
16715 Yonge St.
NORTH YORK
3111 Dufferin St.
3040 Don Mills Rd., Unit 17B
4905 Yonge St.
1905 Avenue Rd.
North York Sheridan Mall
747 Don Mills Rd., Unit 10
Fairview Mall
149C Ravel Rd.
4367 Steeles Ave. W
5815 Yonge St.
OAKVILLE
1027 Speers Rd., Unit 22
478 Dundas St. W, Unit 7
OSHAWA
Taunton Harmony Plaza
1053 Simcoe St. N, Unit 4B
PICKERING
Pickering Town Centre
611 Kingston Rd.
1899 Brock Rd.
RICHMOND HILL
Hillcrest Mall
10 West Pearce St., Bldg. B
Times Square Mall
1480 Major Mackenzie Dr. E, Unit C3-3
9196 Yonge St.
9737 Yonge St., Unit 211
10720 Yonge St., Unit 102
10755 Leslie St., Unit 5
SCARBOROUGH
4525 Kingston Rd.
1448 Lawrence Ave. E
2555 Victoria Park Ave.
2650 Lawrence Ave. E, Unit 2B
411 Kennedy Rd.
Oriental Palace
1291 Kennedy Rd.
3300 Midland Ave., Unit 40
19 Milliken Blvd., Unit U
5095 Sheppard Ave. E
Woodside Square
5661 Steeles Ave. E, Unit 5
1900 Eglinton Ave. E, Unit E5A
665 Markham Rd., Unit 5
THORNHILL
Shops on Steeles
Promenade Mall
31 Disera Dr., Unit 140
TORONTO
1015 Lakeshore Blvd. E
Splendid China Tower
1854 Danforth Ave.
471 Eglinton Ave. W
2400 Bloor St. W
921 Bay St.
2397 Yonge St.
604 Bloor St. W
548 Church St.
Dufferin Mall
421 Dundas St. W, Unit G8
1451 Dundas St. W
Dragon City Mall
939 Eglinton Ave. E, Unit 106
Gerrard Square
662 King St. W, Unit 2
228 Queens Quay W, Unit 3
1821 Queen St. E
2 St. Clair Ave. E
1268 St. Clair Ave. W
1350 St. Clair Ave. W
2200 Yonge St., Unit 104
154 University Ave., Suite 101
9A Yorkville Ave.
386 Sheppard Ave. E
525 University Ave.
55 Chauncey Ave.
272 Danforth Ave. W
UXBRIDGE
11 Brock St. W
VAUGHAN
1600 Steeles Ave. W, Unit 30
WHITBY
25 Thickson Rd. N
WILLOWDALE
Centerpoint Mall
WOODBRIDGE
5317 Hwy. 7
200 Whitmore Rd., Unit 9

ROGERS plus

AJAX
Westney Heights Plaza
957 Westney Rd. S
AURORA
91 First Commerce Dr., Unit 5
Hunters Gate Plaza
BRAMPTON
16 Lisa St.
9980 Airport Rd., Unit 11
10025 Hurontario St., Unit 11B
10088 McLaughlin Rd., Unit 2
CONCORD
Vaughan Mills
COURTICE
1420 King St. E, Unit 7
ETOBICOKE
3015 Bloor St. W
Cloverdale Mall
Woodbine Centre
Westway Plaza
GEORGETOWN
5 Mountainview Rd.
MARKHAM
Markham Plaza
7680 Markham Rd.
9275 Hwy. 48
MISSISSAUGA
Roseborough Centre
4141 Dixie Rd.
920 Southdown Rd. Bldg. H, Unit 7
2116 Burnhamthorpe Rd. W
Sandalwood Square
6085 Creditview Rd.
NEWMARKET
Upper Canada Mall
1065 Davis Dr.
18075 Yonge St.
OAKVILLE
Oakville Place
1011 Upper Middle Rd. Unit C17
1500 Upper Middle Rd., Unit 2
1461 Rebecca St.
511 Maple Grove Dr.
OSHAWA
Oshawa Centre
285 Taunton Rd.
PICKERING
1822 Whites Rd.
SCARBOROUGH
2900 Warden Ave., Unit 220
Scarborough Town Centre
2490 Gerrard St. E
38 Ellesmere Rd.
THORNHILL
Rutherford Village
TORONTO
4980 Yonge St.
RBC Plaza
2248 Bloor St. W
333 Bloor St. E
Exchange Tower
6758 Kingston Rd., Unit 12
1530 Albion Rd.
Toronto Eaton Centre
10 Dundas St. E, Unit 112
Rogers Centre
808 York Mills Rd., Unit 15-17
3151 Yonge St.
330 Bay St.
618 Sheppard Ave. W
730 Danforth Ave.
1080 Yonge St.
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
Sunnybrook Plaza
2400 Eglinton Ave. W
Yorkdale Shopping Centre
WHITBY
1549 Dundas St. E
3940 Brock St. N
Whitby Town Square
WOODBRIDGE
9200 Weston Rd.

CANADA'S MOST RELIABLE NETWORK.

FEWEST DROPPED CALLS | CLEAREST RECEPTION



Every one of your calls is important. That's why we make certain your connections are as strong as they possibly can be. In fact, we've been independently proven to have the fewest dropped calls and the clearest reception in Canada†. So no matter where you are, you can be sure your Rogers wireless network will connect you clearly from start to finish.

Visit **rogers.com/reliable** for details.

ROGERS™

ROGERS™ authorized dealer · ROGERS plus · THE SOURCE · «WIRELESSWAVE» · booth · WIRELESS etc... · COSTCO WHOLESALE · FUTURE SHOP · BEST BUY · WAL*MART

†Most reliable network claim refers to call clarity and dropped calls test results as conducted by Rogers and a recognized third-party research company in the majority of urban Canadian centres within the Rogers Wireless footprint, comparing voice services of other major wireless providers.

™Trademarks of Rogers Communications Inc. used under license. © 2009 Rogers Wireless.

Scarborough neighbourhood evacuated

About 200 people were forced to leave a Scarborough neighbourhood yesterday morning after a tanker carrying about 37,000 litres of methanol separated from the tractor pulling it, then rolled back before the frame carrying it gave way, creating fears of a spill. No spill occurred and crews cleared the scene. TORSTAR NEWS SERVICES

City begins work on pair of sinkholes

ROADS City experts are assessing two sinkholes on Finch Avenue West between Dufferin Street and Wilmington Avenue that formed after a weekend of heavy rain.

The first, which on Sunday grew to what the city initially said was about 14 metres deep — but was more like 10 metres, according to transportation services director Myles Currie — appeared Friday evening. A smaller hole, about three metres deep, formed Saturday just to the east of the five-metre-wide original.

Drain

- Officials are blaming a leaking storm drain for the appearance of the sinkholes.

Crews are now digging boreholes nearby to assess how much of the area is affected. Next, they will excavate until they reach the broken pipe, which could take up to three days, then determine whether to patch it or replace it.

TORSTAR

Planning for pandemic

Health officials trying to get needed vaccines

Flu Outbreak

Canadian health officials have until the end of the week to order the country's stock of Influenza A (H1N1), also known as swine flu, vaccine needed for the upcoming fall flu season.

"We will be acquiring enough vaccine for those who we anticipate will want and need it," Dr. Arlene King, Ontario's medical officer of health, told a Toronto news conference yesterday.

"This is not an easy decision in light of the fact that risk groups are still emerging."

Health officials believe Canada will obtain enough vaccine for its citizens from its domestic manufacturer, but King cautioned the country may face a shortfall at the beginning of the flu season.

"We're not going to have all of the vaccine at all of the same time when we want and need it," King said, noting GlaxoSmith-Kline, which has its production plant in Ste.-Foy, Que., has said its first supply of vaccine will likely be ready in mid-November.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Dr. Arlene King, Ontario's chief medical officer of health meets with her counterparts from all over the province to discuss H1N1 flu preparations at the Delta Chelsea in Toronto.

Officials are currently working on a pandemic prioritization list that will set out which groups of Canadians will receive the vaccine first, and which King said will be ready in the fall. King held a special meeting in Toronto yesterday with the province's 36 regional medical officers of health to discuss influenza preparations for the fall.

TORSTAR NEWS SERVICE

Cigarette packaging is deceiving: Study

HEALTH When it comes to choosing which cigarette to smoke it seems the prettier the package, the less lethal the product appears to those buying it.

A study published in the Journal of Public Health found cigarette packages in lighter colours, bearing words like "smooth" and "filter," have consumers convinced the product has fewer health risks.

Roberta Ferrence, executive director of the Ontario Tobacco Research Unit, said the study highlighted how existing regulations on packaging were not having the impact they were supposed to as people still consider some cigarettes less risky than others.

"It's misleading advertising, there are no healthier cigarettes," she said, adding that certain phrasing and colouring on a package could encourage people to take up smoking.

New ideas in tobacco control may be brought up as Canada's Federal Tobacco Strategy is renewed by 2011.

THE CANADIAN PRESS

News in brief

CRAIGSLIST A 30-year-old man faces nine charges for allegedly advertising an $1,800-a-month downtown condo on Craigslist, taking first and last month's rent and then cancelling the lease without giving a refund. Michael Burley of Toronto is charged with four counts of fraud under $5,000, four counts of false pretenses.

TORSTAR NEWS SERVICES

SHOES & HANDBAGS
INVENTORY CLEARANCE

Josef Seibel
ROMIKA
Clarks
Hush Puppies
ROCKPORT

ALL 50% off

FRANCO SARTO
BCBGMAXAZRIA
VANELi
DONALD J PLINER
aravon SHOES
ROBERTO CAPUCCI
MICHAEL KORS
STUART WEITZMAN
Jessica Simpson
privo

SAMPLES
AMALFI BY RANGONI
PIKOLINOS
$69.99 to $89.99
Sizes 6 & 7 • Regular up to $235

ADDITIONAL MARKDOWNS

HANDBAGS 40%-60% off

ALL 40%-60% off

STUART $99.99
Sizes 6-12 A-AAA
Assorted limited stock • Reg. up to $335

COLLECTIONS VARY BY STORE. NOT INCLUDING NEW & OPEN STOCK ITEMS.

EXCHANGE TOWER
130 King St. W. (at York)
Toronto, Ont • 416-214-6633
Monday - Friday 10am-6pm

armadillo SHOES

BROOKFIELD PLACE
161 Bay St. (at Front)
Toronto, Ont • 416-777-0040
Monday - Friday 8am-6pm

Flooding prompts call for repairs
Residents in the Beach area are calling on the city to fix infrastructure problems with sewers and storm drains after heavy rainfalls caused basements in the neighbourhood to flood. METRO NEWS SERVICES

Grocer wary after charge

He's worried about breaking bail, lobby group says

STORE A looming court case has changed the way David Chen runs his Chinatown grocery store.

The 35-year-old has stopped displaying plants and small items on the side street beside his Dundas Street West market — once an easy target for shoplifters.

But even if a petty thief were to nab something from the store, Chen, who is facing kidnapping and assault charges after he chased and tied up a suspected shoplifter two months ago, would likely look the other way.

"He's too worried. If he did something and broke bail, police could basically lock him up," said Ricky Chan, spokesperson for Victims' Rights Action Committee (VRAC), a group lobbying to have Chen's charges dropped.

"To make it so difficult for him to operate his business is unjust."

Chen made a brief statement in Cantonese yesterday outside the Old City Hall courthouse, in which he thanked his supporters.

Since early June, nearly 5,000 people have signed a petition on VRAC's website in support of Chen.

The volunteer organization is hoping the growing list provides some political clout as it urges the Crown to drop all charges against him.

"(Chen) deserves our thanks for (what he did), not to be brought into court," said committee member Warren Kinsella, who said the grocer did what "any honest person would do."

The charges stem from an incident in late May when a man allegedly stole a box of tree plants from Chen's store.

When the suspected thief returned to the shop, Chen and two of his employees chased him down, bound his hands and feet, put him in a delivery truck and contacted police.

But when officers arrived, they charged the three grocers with assault and kidnapping; the other man was charged with theft.

Chen returns to court Aug. 24.

TORSTAR NEWS SERVICE

TONY BOCK/TORSTAR NEWS SERVICE

David Chen Wang is the Chinatown storekeeper who was arrested after apprehending a shoplifting suspect outside his Dundas Street West store The Lucky Moose.

Trapped woman gives DNA to prove identity

KENYA A Toronto woman trapped in Africa allowed Canadian officials to weigh, measure, photograph, fingerprint and swab her for DNA yesterday in a last-ditch attempt to prove her identity.

"They took my height, my reach, everything," said Suaad Hagi Mohamud, a 31-year-old single mother stuck in Nairobi, Kenya, for more than two months, apparently for not looking enough like her passport photo.

Suaad Hagi Mohamud

Why Ottawa would go to such security extremes remains a mystery but a possible explanation surfaced.

"They want to make sure we don't switch people," said Mohamud's Toronto lawyer, Raoul Boulakia, citing a hypothesis he says came last week from a justice department lawyer.

Maybe Mohamud loaned her passport to her sister in Kenya, the theory goes, or to some other look-alike.

Maybe it was the sister, not Mohamud, who tried to leave Kenya for Toronto on May 17. And maybe a Kenyan passport officer arrested and jailed the sister, not Mohamud, saying her lips don't match those in the passport photo.

By documenting Mohamud every which way, the proposition goes, Canadian authorities are certain to let the right person proceed to Toronto.

"I asked them, 'What are you talking about?'" said Boulakia, finding the explanation hard to follow.

Both Toronto-based justice department lawyers on the case, Peter Southey and Gregory George, denied floating any such scenario.

TORSTAR NEWS SERVICE

News in brief

CONVICTED The lawyer for a Canadian convicted in Ethiopia is calling on the prime minister to help save Bashir Makhtal from possible execution. The former Toronto man is to be sentenced next week after being found guilty yesterday on terrorism-related charges. Makhtal was allegedly a member of the Ogaden National Liberation Front. THE CANADIAN PRESS

Find The Relationship Of A Lifetime

Call Today For Your Free Introduction
416 913-5656

Premier Introductions caters to exceptional men and women who are serious about starting a long-term relationship with the right person.

www.premierintroductions.ca PREMIER INTRODUCTIONS

GO FARTHER

NOW YOU CAN GO FROM TORONTO TO NIAGARA ON WEEKENDS AND HOLIDAYS.
GO Train service between Niagara Falls and Toronto, with stops at Port Credit, Oakville, Burlington and St. Catharines, operates until October 12, 2009.
For schedules and fares, visit gotransit.com

GET ON THE GO

416 869 3200 1 888 GET ON GO (438 6646) TTY 1 800 387 3652
Pour plus de renseignements, veuillez visiter le site gotransit.com ou composer un des numéros ci-dessus.

METROLINX
LINKING PEOPLE TO PLACES
An agency of the Government of Ontario

Dead men ID'd in rollover accident

Provincial police have released the names of the two young men killed in a rollover accident on Highway 115 Sunday. Andrew Farthing, 24, and James Hickey, 29, were killed when Farthing lost control of the SUV he was driving near Peterborough. THE CANADIAN PRESS

Canada

New Taser rules in Alberta

Alberta is to announce new rules on when police can use conducted energy weapons such as Tasers. Solicitor General Department spokeswoman Michelle Davio says the changes will include setting up tighter boundaries on when Tasers can be used and the need for ongoing testing of the weapons, which deliver an intense electric shock. THE CANADIAN PRESS

Canada to appeal seal ban

Minister says EU 'caved' to outside pressure

The European Union's ban on imports of seal products is an unfair trade restriction and Canada will appeal it at the World Trade Organization, says Trade Minister Stockwell Day.

"The Canadian hunt follows the humanitarian, scientific norms established by veterinarians," Day told reporters yesterday, hours after the vote took place in Brussels. "And also, we follow the environmental processes that are expected, and that we expect people to follow."

Canada wants countries that abide by EU sealing guidelines exempted from the ban, Day said.

Canada will request WTO consultations, which last 60 days. Canada will appeal if the consultations don't yield an agreement.

Fisheries Minister Gail Shea said the EU "caved" to pressure from non-governmental organizations and "professional seal hunt lobbyists."

A majority of the EU's 27 member states have said they see the way Canada conducts its hunt as inhumane. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Stockwell Day, minister of international trade, holds a joint press conference yesterday with Gail Shea, minister of fisheries and oceans, on Parliament Hill in Ottawa.

Overview of seal industry in Canada

TRADE The EU's decision to ban imports of seal products affects more than 6,000 sealers in small coastal communities along the Atlantic coast, as well as Inuit and other northern Aboriginal populations.

Sealing was worth more than $55 million to the economy of Newfoundland and Labrador in 2006, and another $1 million to Aboriginal populations in Nunavut; the landed value in Newfoundland was just $12 million in 2007, however, and it is estimated at about $1 million this year.

The EU made up 32 per cent of the seal export market; other major buyers include Russia and China. THE CANADIAN PRESS

No suspects in shooting at wedding, police say

CRIME Police say they are no closer to identifying who was behind a random shooting that killed a woman, injured two others and terrorized guests at a crowded wedding reception.

A video documenting the celebration Saturday night in Winnipeg has been seized by investigators, but police say they still don't know whether the shooting was the work of a lone gunman or the escalation of a gang war.

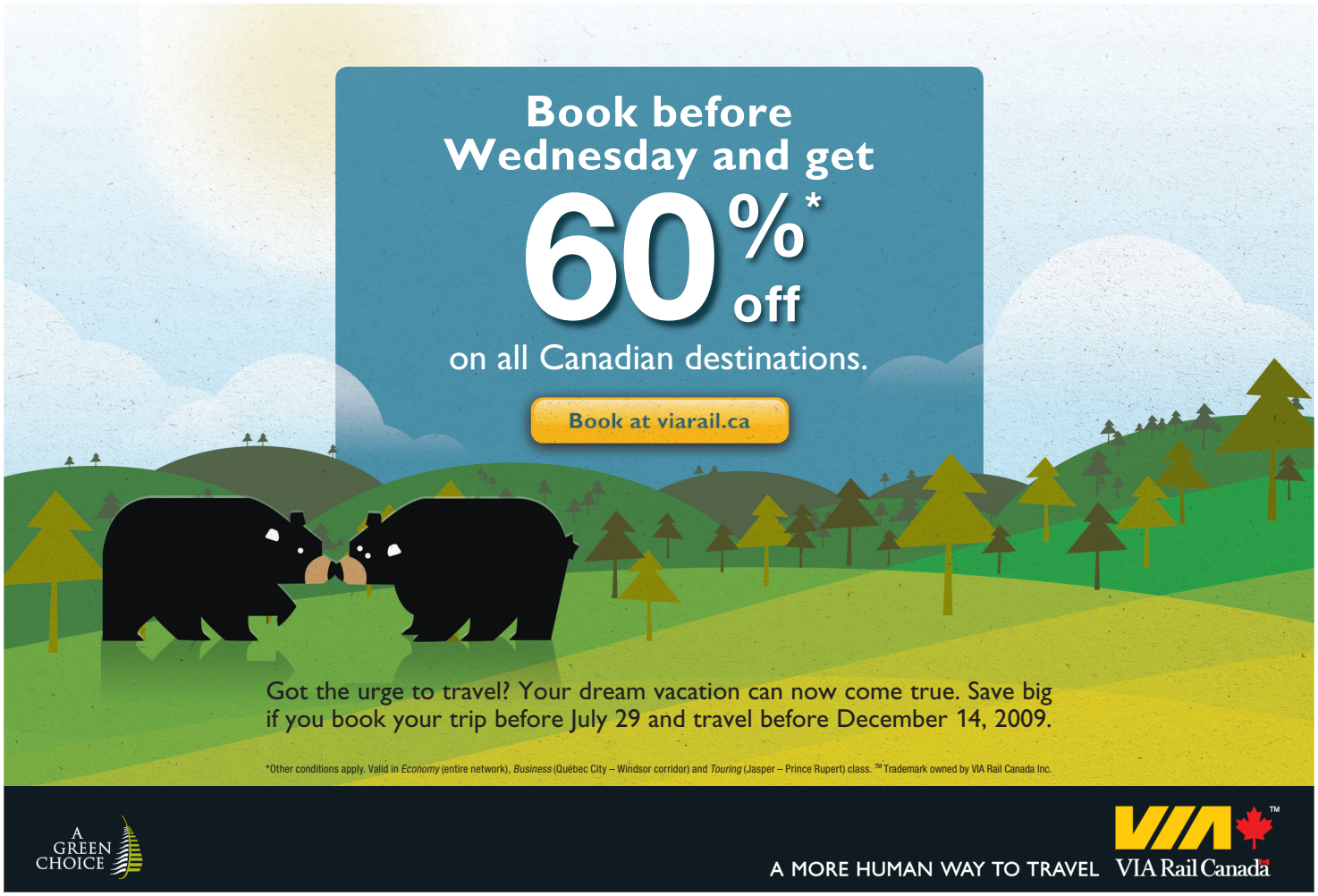
"We are still looking for information and would request that anyone who has any information to please come forward," Const. Robert Carver said. "At this point, the investigation is fairly broad."

"At this point, the investigation is fairly broad."
Const. Robert Carver

There were gang members at the wedding and Carver said police hadn't ruled out gang involvement. THE CANADIAN PRESS

News in brief

AVIATION A convoy of airplanes began landing in Sydney, N.S., yesterday, completing a cross-country journey to commemorate the 100-year anniversary of the first powered flight in Canada. The vintage and modern planes are all part of the Century Flight. THE CANADIAN PRESS



Traffic accidents rising in Alberta: Report
A new report on traffic collisions in Alberta suggests the overall number of accidents in the province has risen steadily since 2004. There were more than 158,000 collisions in the province in 2008, compared to more than 112,000 in 2004. THE CANADIAN PRESS

News in brief

SHIPS & POLITICS Federal Conservatives gathered the country's shipbuilders and a smattering of defence contractors behind closed doors yesterday, hoping to salvage tens of billions of dollars worth of badly needed navy and coast guard vessels. The two-day conference began with four federal cabinet ministers calling on often cut-throat competitors to work hand-in-glove with the federal government to roll out as many as 50 large ship projects — worth an estimated $40 billion — over the next 30 years.

COURT MARTIAL A Canadian soldier accused of manslaughter in the shooting death of his comrade in Afghanistan says "in retrospect" he realizes he had other options to pulling the trigger when he thought he was being threatened. Cpl. Matthew Wilcox has told a court martial that he was acting in self-defence when he shot Cpl. Kevin Megeney on March 6, 2007, in the tent they shared at Kandahar Airfield. He testified last week that he heard the sound of a pistol bolt sliding, turned slightly to see a barrel pointed at his back, and "instinctively" pivoted and fired a shot. THE CANADIAN PRESS

Vote unlikely, Tories predict

Federal Conservatives say the prospects of an election seem to be just about as damp as Eastern Canada's soggy summer.

Cabinet ministers, MPs and candidates from across the country are attending two days of election training in Ottawa, overlapping a couple days of caucus meetings.

But many said they aren't convinced they'll be out campaigning this fall, given the brighter prospects for the economy.

Bank of Canada Governor Mark Carney said last week that Canada is probably already out of a recession and is on a slow road to recovery.

Canada's books are also looking better when compared with other G8 nations. At the same time, Prime Minister Stephen Harper seems to have weathered the worst of the recession without losing much ground in the polls.

B.C. Conservative member of Parliament John Cummins said Harper's economic record will make it difficult for the opposition to pull the trigger.

> **"Canadians realize that Mr. Harper did handle (economic) issues very well, and his handling of it is really beyond criticism."**
> John Cummins, Conservative MP

"Canadians realize that Mr. Harper did handle these issues very well, and his handling of it is really beyond criticism," said Cummins. "From a Liberal point of view, I think they're going to have to find an issue and I don't know what it is. I'm sure they don't either."

An election would do nothing to help keep the economy moving, said Defence Minister Peter MacKay. THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

A forest fire danger sign is seen in Vancouver yesterday. Blazing temperatures and no rain in the forecast has put many B.C. residents on high alert to be careful while in forests.

Forest fire threats dying down in West Kelowna

FIRE SAFETY Residents in West Kelowna can breathe easier now that the evacuation alert they've been living under for weeks has been lifted.

But about 1,000 people in nearby Fintry who have been out of their homes since last Thursday have been told they probably won't be allowed back until Friday. That's because the Terrace Mountain fire remains active even though weekend rain and cooler temperatures have helped ensure the blaze hasn't spread beyond the 45 square kilometres it's been estimated to cover. Yesterday, fire officials said they were confident the risk to public safety was low. THE CANADIAN PRESS

Evacuation

- The fires near West Kelowna had forced about 11,000 people to flee their homes July 18 while another 6,500 people were put on evacuation alert.

Via Rail offers discounts in wake of strike

TRAIN TRAVEL Even the prospect of a 60 per cent discount on future train travel wasn't enough to put a smile on the face of Alain Delamirande.

Delamirande was forced to buy a bus ticket to get home to Montreal after being stranded in Quebec's Saguenay region when Via Rail's 340 engineers walked off the job Friday.

And he was far from appeased by Via's offer of a 60 per cent discount for travellers on all regular adult economy class fares as well as business class fares in the Windsor-Quebec City corridor.

"I saw the 60 per cent ad and I was laughing," Delamirande said as he vowed never again to take the train.

Via's phone lines and website were flooded yesterday after the company announced late Sunday it would offer the discount as an apology for a two-day national strike that brought service to a standstill. THE CANADIAN PRESS

You've become more conservative. We've become more flexible.

Scotia® GIC with Flex*
2-year rate 2.00%† | 3-year rate 2.60%†
ACCESS YOUR MONEY AT ANY TIME

Introducing the new *Scotia*® GIC with Flex*.
It protects your initial investment and offers attractive early redemption rates.
For more details, visit a branch or scotiabank.com/scotiagicwithflex

You're richer than you think®
Scotiabank®

® Registered trademarks of The Bank of Nova Scotia. * Available in non-registered and Tax Free Savings Accounts (TFSA) only. † This is the annual interest rate if held to maturity. Any *Scotia* GIC with Flex redeemed within 90 days of the issue date pays no interest. Interest on early redemptions will be calculated on a daily basis at an early redemption interest rate. The *Scotia* GIC with Flex can also be partially redeemed prior to maturity at a reduced interest rate. If the GIC principal amount is less than $5,000, then the minimum withdrawal amount is $1,000 and the remaining balance must be at least $1,000. If the GIC principal amount is $5,000 or greater, then the minimum withdrawal amount is $1,000 and the remaining balance must be at least $5,000. Note that the amount of interest paid upon early redemption will reflect the amount of interest already paid prior to that redemption. Rates are provided for information purposes only and are subject to change at any time.

U.S. stops releasing enemy death tolls in Afghanistan

The U.S. military in Afghanistan has stopped releasing body counts of insurgents believed killed in operations because the tolls distract from the U.S. objective of protecting Afghans, a spokesman said yesterday. THE ASSOCIATED PRESS

World

Pakistan holding cleric

Pakistani authorities are detaining for one month an Islamist cleric who brokered a failed peace deal with the Taliban in the Swat Valley to investigate whether he inappropriately aided the militants, officials said yesterday. Sufi Muhammad, left, was arrested Sunday, indicating the government won't try to strike another peace deal with Taliban fighters in the northwest valley, where the army has waged a three-month offensive. THE ASSOCIATED PRESS

News in brief

ECONOMY Africa has been "gravely affected" by the global economic downturn and its growth rate will halve this year due to collapsing commodity prices and a decline in donor funding, a new report said yesterday. The 2009 African Economic Outlook finds that after half a decade of more than five per cent economic growth, the continent can expect only 2.8 per cent growth in 2009.

CAR Germany's Social Democrats yesterday defended a minister's decision to use her official car during a vacation in Spain. Health Minister Ulla Schmidt faced demands from opposition politicians and a taxpayer group to explain why she had her chauffeur drive her official Mercedes S-Class sedan to Alicante — a 2,400-kilometre trip — for her use during a vacation there. It emerged over the weekend that the vehicle was stolen in Spain after thieves broke into the driver's room and took the keys. THE ASSOCIATED PRESS

Obama's dog days of summer

His poll numbers have slipped, his health-care overhaul isn't likely to be ready this week, and there is lingering fallout from his remarks last week about the arrest of a friend.

A month ago, U.S. President Barack Obama's administration was delighted it had managed to push through a major climate-change bill in the House of Representatives, and hoped for the same success on health care.

But a group of 52 fiscally conservative Democrats — known as Blue Dogs — has emerged as a major thorn in the side of Obama.

The Blue Dogs are apparently fearful that Republicans will have the upper hand in the 2010 mid-term elections, and have grown bolder in openly defying Obama. The president's poll numbers are, indeed, taking a hit as Americans worry not just about health-care reform, but deficit spending and rising unemployment.

Gallup says Obama's approval rating is now at 55 per cent, the lowest of his presidency.

Obama sought to undo some damage yesterday from his remarks during a news conference last week that police in Massachusetts acted "stupidly" in arresting a noted Harvard scholar.

Obama pointed to the incident as evidence that blacks and Latinos are treated differently than whites by police, and was swiftly criticized.

Yesterday, White House officials said plans were underway for a happy ending to the incident — Henry Gates and the police officer who arrested him, Sgt. James Crowley, will sit down for a beer at the White House with Obama this week. THE ASSOCIATED PRESS

U.S. raises concern over Tamil refugee camps

SRI LANKA The United States yesterday expressed concern over hundreds of thousands of Sri Lankans displaced by war who are currently confined to military-run camps and pledged funds to help their resettlement.

Eric P. Schwartz, the assistant secretary of state for refugees, announced $8 million US to help hasten the resettlement and recovery process of some 280,000 people living in camps.

The displaced are ethnic Tamils who fled their homes at the height of a civil war between government forces and Tamil Tiger separatists, which ended in May after 25 years.

Schwartz spoke to reporters after visiting one of the camps in the north of the island nation. He said the U.S was "deeply concerned about a range of issues where further progress is essential."

"In particular, the vast majority of displaced persons remain confined to camps," he said.

Foreign diplomats and aid workers fear the camps are actually internment camps where the displaced people are being held indefinitely.

Schwartz said he raised the issue with government officials who insisted the camps were only temporary. THE ASSOCIATED PRESS

280,000

Estimated number of displaced people living in the Sri Lankan camps.

Astronauts breezing through mission
With relative ease, astronauts completed the last spacewalk of their shared shuttle and station mission yesterday. THE ASSOCIATED PRESS

Mother charged after baby slain, partly eaten

A U.S. woman charged with murdering her 3½-week-old son allegedly used a knife and two swords to dismember the child and ate parts of his body, including his brain, before stabbing herself in the torso and slicing her own throat, police said yesterday.

EVA RUTH MORAVEC/THE ASSOCIATED PRESS

San Antonio police investigate a home where a 3½-week-old baby boy was decapitated Sunday.

Otty Sanchez, 33, is charged with capital murder in the death of her infant son, Scott Wesley Buchholtz-Sanchez. She was recovering from her wounds at a hospital, and was being held on $1 million bail.

San Antonio Police Chief William McManus said the early Sunday morning attack occurred a week after the child's father moved out.

Otty Sanchez's aunt, Gloria Sanchez, said her niece had been "in and out" of a psychiatric ward, and the hospital called several months ago looking to check up on her.

McManus said Sanchez apparently ate the child's brain and some other body parts. She also allegedly decapitated the infant, tore off his face and chewed off three of his toes before stabbing herself.

Police said Sanchez said the devil told her to kill her son and she was hearing voices.

Investigators are looking into whether postpartum difficulties could have played a role in the attack, McManus said.

THE ASSOCIATED PRESS

News in brief

PARTY UP Penn State University is now the No. 1 U.S. party school. The school, known partly for its football tailgate weekends and fraternity and sorority scene, earned the title in the 2009 Princeton Review survey of 122,000 U.S. students. THE ASSOCIATED PRESS

$59 Lenses
All lenses include scratch protection.
$79 Frames
Choose any frame up to $200.
Bifocals add $20
No-Line add $50
Final 2 Weeks
65 Years or Older Take an EXTRA $10 off**
Do you ever need to take your lenses out before the end of the day?
Try Acuvue® Oasys™ with HYDRACLEAR® Plus and enjoy a comfortable, moistureich experience for your eyes. See your Bay Optical Eye Care Professional.
Save $130*
ACUVUE OASYS with HYDRACLEAR Plus
Now availavble for people with astigmatism!
See optician for details.
Complete pair purchase required. Selected designer brands. Cannot be combined with any other offer, vision care plan, package pricing or prior orders. See optician for details. **Must present this ad for discount. Special discount is available in store only for senior citizens. Must be used in conjunction with the $59 lens/$79 frame offer. Offer ends August 13, 2009.
Queen Street (416) 861-6201
Bloor & Yonge (416) 972-3352
Yorkdale Mall (416) 789-8636
Fairview Mall (416) 491-2010 x264
Sherway Gardens (416) 626-4711
Scarborough Town Centre (416) 296-0555
Eglinton Square (416) 759-4771
Oshawa Centre (905) 571-1211
the Bay OPTICAL

HOME PHONE LINES
ALL FEATURES FREE!
Voicemail
Call Waiting
Caller ID
Call Forwarding
Comwave to Comwave calls WORLDWIDE!
4 GREAT PLANS TO CHOOSE FROM!
Enhanced $14.95/month UNLIMITED Local Calling ✓All Features FREE
Unlimited Canada $19.95/month UNLIMITED Calling to Canada ✓All Features FREE
One-Rate $29.95/month UNLIMITED Calling to Canada & U.S.A. ✓All Features FREE
Global $39.95/month UNLIMITED Calling to 25 COUNTRIES! ✓All Features FREE
LIMITED TIME OFFER - CALL NOW!
6 MONTHS FREE!
SATISFACTION GUARANTEED!
KEEP YOUR EXISTING PHONE NUMBER!
Lowest Long Distance Rates to Call Anywhere in the world... Guaranteed!
Comwave will remain open Monday August 3rd For your Convenience
1-866-543-5097
comwave
www.comwave.ca
Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Home Phone Lines: * VoIP 911 has certain limitations versus traditional 911. The rates are based on a 3 year term. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. The option to keep your existing phone number may not be available in all areas.

TORONTO
Associate Publisher, Irene Patterson
Managing Editor, Jim Reyno
Retail Sales Director, Tracy Day
Prod/Distribution Director, Gerry Moher
METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA
METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

This party will rankle PM

NationalReport
Lawrence Martin

metronews.ca/nationalreport

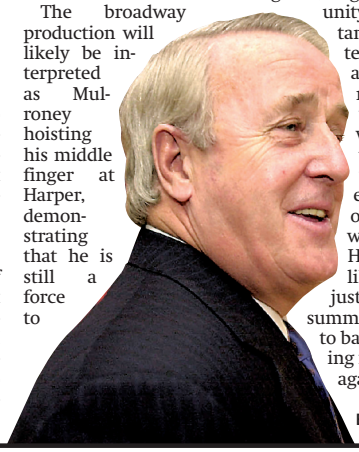
Much to the aggravation of Stephen Harper, Brian Mulroney won't go away.

Mulroney and friends are planning a huge party in Montreal in September to celebrate the 25th anniversary of their historic electoral triumph of 1984. That was the year the Progressive Conservatives won a record 211 seats.

Mulroney supporters were floating the idea of the big fete in the spring. It rankled Harper. He, we recall, had tried to make BM persona non grata in Conservative circles owing to the controversy with Karlheinz Schreiber, which was recently detailed at the Oliphant inquiry. Harperites were hoping the rough ride Mulroney got in those hearings would nix the notion of holding an event in his honour.

Not so. Not only will it go ahead, it will be one of the biggest bashes the party has held. An estimated 700 will attend. Big-time Tories will be out in full force.

The broadway production will likely be interpreted as Mulroney hoisting his middle finger at Harper, demonstrating that he is still a force to be reckoned with, that it was a big mistake to try to ostracize him. In highlighting 1984, he will be reminding the PM of what constitutes a real electoral triumph. As in, "Your puny minorities hardly stack up to what we did, Stevo."


Brian Mulroney

The mid-September bash will come right when the next election could be triggered, right when party unity is most important. The Harper team upped the ante in the Mulroney dispute a while back when it put out the word that he was no longer even a member of the party. It was a typical Harper tactic, the likes of which we just saw at the G8 summit when he had to backtrack for making false accusations against Michael Ignatieff.

Given the Schreiber affair, it's been understandable that the PM has wanted to keep Mulroney at a distance. But to go to such an extent was uncalled for. Now he faces the likelihood that the anniversary gala will evolve into a disruptive party loyalty test.

With a show of generosity, Harper could avoid the trouble. All he has to do is support the event — put out a statement saying that Mulroney made a serious error of judgment in respect to Schreiber, that he has apologized for it, but in no way should it take away from his great triumph in 1984. "Let's all celebrate it."

He could take that constructive course, but it's doubtful. As has been often demonstrated, the guy has a vampire's need to draw blood.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

GRAEME MACKAY

Worth mentioning

Trying to work out a deal through yawns

A deadline looms. Sleep is sacrificed. A deal gets done.

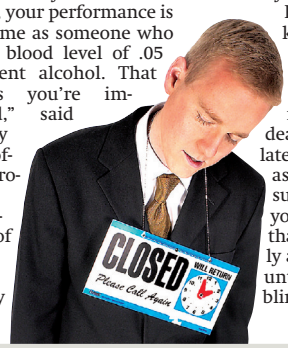
It's a common scenario in labour relations, one that played out over the weekend and into yesterday as the city and CUPE Locals 416 and 79 reached a tentative deal.

Some call it crunch time. Others, happy hour.

"If you stay awake for 18 hours, your performance is the same as someone who has a blood level of .05 per cent alcohol. That means you're impaired," said Harvey Moldofsky, professor emeritus of the University of Toronto's faculty of medicine and medical director of the Centre for Sleep and Chronobiology.

"The functioning of the city of Toronto (appears) to depend on the people sitting around the table being impaired," he added, laughing.

Marathon negotiations are bound to take a toll, Moldofsky said.



It won't be known what compromises were made until details surrounding the deal are released later this week, but as the experts suggest: When your eyelids are that heavy, it's only a matter of time until someone blinks.

TORSTAR NEWS SERVICE

Views

Aboriginal youth don't dare to dream

Laura Eggertson

It is not exaggerating to say Shawn Atleo, the new national chief of the Assembly of First Nations, carries to Ottawa the responsibility of improving the lives of the rising generation of young Aboriginals who could be one of Canada's greatest resources.

Among those Aboriginal youth are my own daughters, aged 18 and 15, and, come October, my first granddaughter.

As their advocate with the federal government, and the most visible symbol to most Canadians of First Nations' aspirations, part of Atleo's job is to voice the hopes and dreams of young Aboriginals.

The problem, as my daughter Miranda tells me, is that many young people living on reserves where she has recently lived don't dare to hope.

"The native kids I know — they don't even have dreams," she says. "They just have to get through the day. They don't think about the future because it's the same thing every day."

Many First Nations youth Miranda has met during the last two years of her own journey wake up wondering if there's enough food. They seldom get up to an empty house; overcrowding is rife in inadequate housing on our First Nations. Often, they awake to the aftermath of substance abuse or violence in their communities. They may go to school; they may

FocusOn FirstNations

not, if, at high-school age, they must board with strangers in bigger cities to go to school. Boredom is constant; with few full-time jobs for adults, part-time jobs aren't even an option for most youth on reserves.

Miranda wants a different life for her daughter. She wants her to be healthy and to live drug and alcohol free. She wants to give her a stable upbringing with her two parents, untouched by the child welfare system. She wants her to have access to an education, so she can stand on her own two feet. She hopes her daughter will keep busy and dare to dream.

Most of all, my daughter hopes her daughter won't experience the inter-generational trauma Miranda suffered, born of the residential school experiences of her family members.

Atleo can't do it alone. He needs a federal government receptive to his advocacy, and a Canadian population willing to improve the lives of our Aboriginal Peoples.

I hope the new leader, our politicians, and all Canadians are ready to assist the next generation of Aboriginal children and youth in creating opportunities.

For the sake of my granddaughter — and all the others.

Laura Eggertson is an award-winning freelance journalist based in Ottawa, and a former Nieman fellow at Harvard University.

Metro Online Poll Results

20% SAID YES

Should Canada accept refugee claims turned down by the U.S.?

Weigh in on today's question at metronews.ca

80% SAID NO

Tell us your views by email to torontoletters@metronews.ca or comment on metronews.ca or on Twitter @metrotoronto
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Toronto 1 Concorde Gate, Suite 703, Toronto, ON M3C 3N6, Tel: 416-486-4900; Fax: 416-482-8097; Advertising: 416-486-4900 ext. 316 • adinfotoronto@metronews.ca; toronto_distribution@metronews.ca; News: jim.reyno@metronews.ca

Vancouver miner buying Selkirk Metals
Vancouver-based Imperial Metals said yesterday it plans to acquire Selkirk Metals in a merger that values the junior miner at about $10.4 million. Imperial is offering Selkirk shareholders 12 cents cash per share or one share of Imperial for every 30 Selkirk shares held. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
US 92.50¢	US $3.582	US $68.38	10,757.43
US 0.16¢	US 11.3¢	US 33¢	69.53

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Keep Nortel technology in Canada, province says

TRANSFER Ontario is calling on the federal government to stop the transfer of the next generation of wireless technology developed by Nortel to foreign hands.

Swedish giant LM Ericsson has agreed to purchase Nortel Networks' profitable and stable wireless business that includes LTE, or long-term evolution technology.

Dwight Duncan

Ontario Finance Minister Dwight Duncan says Canadian taxpayers helped fund research that led to Nortel's creation of LTE technology and it shouldn't go to a foreign company.

He says Ontario strongly believes the federal government should not let this opportunity to protect Canadian technology slip through its fingers.

Duncan wants Ottawa to try to block the Nortel sale to Ericsson and to help broker a deal with Research in Motion or another Canadian firm to keep the technology and development jobs in Canada. THE CANADIAN PRESS

Ericsson confident of Nortel bid

LM Ericsson is confident Ottawa will approve a $1.13-billion US bid to buy insolvent Nortel Network's wireless business despite objections to the deal raised in Canada, the Swedish wireless giant's incoming chief executive said yesterday.

Ericsson has followed all the rules to acquire the assets — including Nortel's key next-generation long-term evolution, or LTE, wireless technology that critics argue should stay in Canada — said chief financial officer Hans Vestberg, who will become Ericsson's CEO on Jan. 1, 2010.

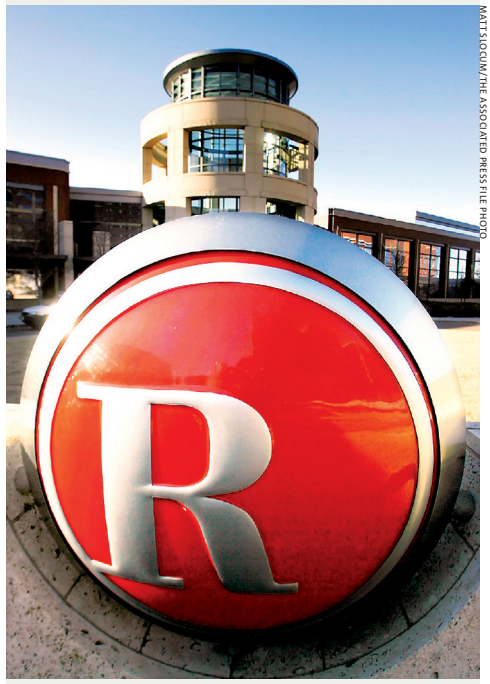
Ericsson will also talk to the Export Development Canada and other government organizations to see if they will help finance the deal, he said.

The export credit agency backed another Nortel bidder, Nokia Siemens, with a $300-million US loan commitment — nearly half of the Finnish company's $650-million US offer.

Industry Minister Tony Clement wouldn't say yesterday whether he would intervene. "Right now, in order to be non-prejudicial, I have to keep my options open," he said.

So far, the most strenuous objection has come from Waterloo-based BlackBerry maker RIM. Nortel may also face further challenges from other bidders or stakeholders who considered the auction to be unfair. THE CANADIAN PRESS

Radio Shack Profits up


MATT SLOCUM/THE ASSOCIATED PRESS FILE PHOTO

RadioShack Corp., headquartered in Fort Worth, Texas, said yesterday its second-quarter profit rose 18 per cent as the consumer electronics company reduced operating expenses and the prior-year period was dragged down by a one-time charge.

Corning beats expectations

EARNINGS Specialty glass maker Corning Inc. said yesterday it earned $611 million US in the second quarter, topping Wall Street's expectations on a resurgence in demand for its flat-screen television glass. The world's largest maker of liquid-crystal-display glass said its profit in the April-June period fell sharply from $3.2 billion a year earlier when it recorded a one-time gain of $2.43 billion.

DisplaySearch, a market-research firm in Texas, estimates that about 127 million LCD TVs will be shipped worldwide this year, up from 105 million in 2008. In North America, shipments were expected to edge up to 31.5 million from 30.1 million last year. THE ASSOCIATED PRESS

Toronto-based packaging company spreads its wings

LICENCE CCL Industries, a Toronto-based maker of specialty packaging for the consumer products and health-care industries, says it has signed a licensing deal with Pacman Group of Dubai to expand the CCL's label sales to the Middle East and Africa.

The agreement grants Pacman Group exclusive rights to manufacture CCL labels in the Middle East and Africa outside of South Africa under a licensing arrangement.

The two companies also announced plans to create a jointly owned company to manufacture and sell labels in India with a new plant slated to begin production next year.

CCL Industries employs 5,400 people and operates 56 plants in North America, Europe, Latin America and Asia. It produces labels, aluminum cans, bottles and plastic tubes for cosmetics, pharmaceutical and consumer products companies. THE CANADIAN PRESS

Who's Pacman?

- Pacman Group, with more than 200 employees in plants in Dubai, Oman and Egypt, is the largest label converter located in the Arab-speaking world.
- The company will change its corporate identity to Pacman-CCL as part of the licensing deal, but will remain a wholly owned unit of privately held Albwardy Investment, also based in Dubai.

Opel workers say they like Magna

PREFERRED The workers' council at Opel and the country's largest industrial union said yesterday they preferred a bid for the German car company from a consortium led by Canadian auto parts maker Magna International, but wanted more say in the process.

The council and IG Metall union said the Magna proposal was "closer to the expectations of workers' representatives" than other bids. Three official bids have been submitted to the company and the German government. The Magna offer would see its consortium acquire a 55 per cent stake in Adam Opel GmbH. Opel workers would acquire 10 per cent. THE ASSOCIATED PRESS

Loonie's strong run-up could take it to parity: Economist

LEVEL The Canadian dollar had another winning day yesterday, staying above 92 cents US and briefly cracking the highest level it has hit in nine months.

Increasing energy prices, particularly higher crude oil, have been a major driver for the dollar, which has gained about five per cent over the past two weeks.

"We've seen a real turnaround in energy prices in the last couple of weeks, which has helped the currency turn course again," said BMO Capital Markets economist Doug Porter.

The loonie closed at 92.5 cents US but earlier in the day rose as high as 92.78 cents US, its highest level since last October.

Porter said the dollar could move higher still, and while it may backtrack from time to time, the trend is towards a stronger currency — possibly again hitting parity with the U.S. dollar by the end of next year. THE CANADIAN PRESS

$1.10 The loonie was last at parity with the U.S. dollar in May 2008. It hit its all-time high of 110.31 cents US in November 2007.

Addax Petroleum net income falls 87 per cent in second quarter

Addax Petroleum Corp. said both sales and profits plunged during the second quarter as oil prices averaged less than half of what they were a year ago. The company, with offices in Geneva and Calgary, reported net income of $38 million US ended June 30, down 87 per cent from year-earlier profits of $293 million US. THE CANADIAN PRESS

Verizon to cut 8,000 jobs

Chops in wireline as profit falls 21% in quarter

Cost-cutting at U.S. Verizon Communications Inc.'s wireline business failed to keep pace with falling revenues as the nation's largest wireless carrier reported a 21 per cent drop in second-quarter profit and announced further job cuts.

The company said yesterday it will cut more than 8,000 employee and contractor jobs before the end of the year in the wireline business, speeding up its efforts to keep costs in line, according to chief financial officer John Killian.

Earnings

- Verizon earned $1.48 billion US, or 52 cents per share, in the three months ended June 30. That's down from $1.88 billion, or 66 cents per share, a year ago.

In recent years, Verizon has balanced layoffs in wireline with hiring in wireless, but chief operating officer Denny Strigl said that would not be the case this time.

"We probably will not have large-scale hiring until we're out of the recession," Strigl said in an interview.

Verizon ended the quarter with 235,000 employees, up from 229,000 a year ago, despite already cutting 8,000 jobs during the year. Contractor jobs are not included in those totals.

The earnings announced yesterday narrowly beat Wall Street expectations, and Verizon said demand for cellphones and its new home TV service were holding up well in the recession. THE ASSOCIATED PRESS

TOBY TALBOT/THE ASSOCIATED PRESS, FILE PHOTO

U.S. phone company Verizon said yesterday it will cut 8,000 jobs from among employees and contractors before the end of the year to keep costs in line as the recession saps demand from businesses for telecommunications services.

The Schulich MBA & IMBA

LEVERAGE ALL THE OPTIONS. Customize your studies with Schulich's 18 specializations, 2 campuses, multiple start dates and interchangeable scheduling choices. Integrate classroom learning and hands-on experience during the MBA's six-month strategic consulting project and work with real clients, real problems and real solutions.

FULL-TIME MBA 16 Months
ACCELERATED MBA 8 Months

Tailor your Schulich MBA to personal career needs. Start in January or September. Choose from 18 specializations, including business functions such as Finance and Marketing, as well as innovative options like Real Estate and Infrastructure and Health Industry Management. Study abroad and gain international perspectives. Leverage the diversity of Schulich's faculty, students and alumni to build global networks.

PART-TIME MBA

Evenings, Days, Alternate Weekends

The choice is yours. Start in January, May or September. Study on alternate weekends. Study in the evening downtown at King and Bay, or at York University's main campus. Switch between part-time and full-time study and finish your degree faster. Use the flexibility of the Schulich part-time MBA to balance priorities.

IMBA (INTERNATIONAL MBA)

20 Months (including a work term abroad)

Whether you work in Canada or abroad, you'll need international expertise to succeed. Specialize in global trading regions. Gain overseas exposure during work and study terms abroad. Make second language skills a competitive advantage. Leverage your Canadian and international interests and experience. The Schulich IMBA is the ideal choice for your global career.

Information Sessions

To register, visit www.schulich.yorku.ca/infosessions

Toronto (Downtown Campus)
Miles S. Nadal Management Centre
Ernst & Young Tower
Wednesday, July 29
6:00 pm–7:30 pm

Toronto (Main Campus)
Schulich School of Business
York University
Tuesday, August 11
6:00 pm–7:30 pm

Full-Time: MBA, Accelerated MBA, International MBA, MBA/JD, MPA, Master of Finance
Part-Time: Evenings, Days, Alternate Weekends

Schulich Leads in Rankings

The Schulich MBA is ranked in the world's top tier of best business schools by *The Wall Street Journal* (#11 in the world in "Top International Schools" ranking); *The Economist* – Economist Intelligence Unit (#15 in the world); *Forbes* (4th best non-US school); The Aspen Institute, a US think tank (#3 in the world in Social and Environmental Stewardship); and *Expansión* (#21 in the world) in their most recent global surveys. They also rank the Schulich MBA #1 in Canada.

Kellogg's global network of Executive MBA programs, including the Kellogg-Schulich EMBA, is ranked #1 in the world by *The Wall Street Journal* in its inaugural EMBA survey. The Kellogg-Schulich EMBA is ranked #1 in Canada by the *Financial Times* of London in its most recent global EMBA survey.

Schulich School of Business York University | YORK U50

Global Reach. Innovative Programs. Diverse Perspectives. **www.schulich.yorku.ca**

Hydrogenics deal for refinancing gets nod

Mississauga-based Hydrogenics Corp. said yesterday its shareholders have approved a refinancing deal that will see Algonquin Power convert to a corporation and acquire huge tax losses from the fuel cell developer.

About 99 per cent of those who voted approved the complex deal, under which Algonquin acquires the tax losses to offset higher future federal taxes on trusts.

The deal is expected to close in September.

Under its terms, Algonquin will become a corporation and pay $10.8 million to acquire $192 million worth of tax losses from Hydrogenics.

For Hydrogenics, the deal provides $10 million in new money to grow its alternative energy and fuel cell business. The company will transfer all its operations to a new entity dubbed New Hydrogenics, which will continue the company's business and be renamed Hydrogenics Corp.

Old Hydrogenics, a shell company that will hold the $192 million in tax losses, will be renamed Algonquin Power Inc. and will own the power fund.

THE CANADIAN PRESS

Energy developer

- Hydrogenics develops hydrogen generation and fuel cell products and services for customers in growing industrial and clean energy markets.

Lorus posts $8.9M loss in 2009

Lorus Therapeutics Inc., a Toronto-based cancer drug developer, says it lost $8.9 million for its 2009 fiscal year, up from a loss of $6.3 million a share for the previous year.

The annual loss widened to four cents a share for the 12 months ended May 31 from three cents a year earlier, Lorus reported yesterday.

The company narrowed its operating losses to $9.3 million from $12.6 million, mainly because of lower research and development costs of $2.5 million and reduced general and administrative costs.

THE CANADIAN PRESS

Pulp fund expects 'improvement'

INCOME Canfor Pulp Income Fund is expecting a "modest improvement" in its markets later this year thanks to a drop in inventories that is driving up prices despite sluggish demand.

The Vancouver-based fund said pulp prices rose in the second quarter and prices are expected to climb further the rest of the year.

THE CANADIAN PRESS

N.B. premier seeks opportunities

AEROSPACE New Brunswick Premier Shawn Graham was in St. John's, N.L., yesterday for a business conference involving Canadian provinces and the southeastern United States. The premier said a memorandum of understanding was signed yesterday that should lead to greater opportunities for New Brunswick in the aerospace industry.

THE CANADIAN PRESS

Petrolifera suspends production from Colombian well
Petrolifera Petroleum Ltd. said yesterday it has suspended production from its La Pinta No. 1 well in Colombia pending the resolution of a sand blockage problem. THE CANADIAN PRESS

T.O. tourism going through rough spell

Cindi Vanden Heuvel's office on the fourth floor of Queen's Quay Terminal gives her a lovely view of the lake and Toronto's harbourfront. But what she really wants to see are tourists.

"We have a short season, and it's been a tough go," said Vanden Heuvel, vice-president of Mariposa Cruises.

"The tourists are still here, but not in the numbers we've seen in the past."

The cruise line's revenues are down 25 per cent compared to this time last year. Still, Vanden Heuvel is cautiously optimistic that the year isn't entirely lost. Bookings for August and September are starting to pick up a bit.

It's a difficult time for Toronto's tourism industry. Take the global recession, rising Canadian dollar, new passport requirements for U.S. visitors and rainy weather — it's a recipe for what may turn out to be the toughest year for tourism since the SARS epidemic struck in 2003.

So far this year hotel occupancy is down about 10 per cent and the trend is getting worse. May and June were down about 16 to 19 per cent compared to last year, according to the Greater Toronto Area Hotel Association. That puts a damper on everything from restaurants and shopping to taxis and guided tours.

"It's not just the summer. It's been a challenging year," said Andrew Weir, spokesman for Tourism Toronto.

"We were holding our own a bit longer than some of the other major cities, but in the end, we're not immune to what's going on out there. (The recession) is fundamentally changing the way people are travelling."

TORSTAR NEWS SERVICE

Busy 2008

- Last year, the GTA welcomed more than 25 million visitors from 200 countries. Tourism Toronto says they spent more than $4.5 billion and helped to support some 258,000 people in the tourism and hospitality industries.

The CN Tower, pictured, is one of Toronto's staple tourist spots. This year has proved to be a difficult one for the city's tourism industry for a variety of reasons, including the global recession.

Federal government hires local security firm

MONEY Security and identity management firm Route1 Inc. said yesterday it has been awarded a $20-million contract to provide services to the federal government.

The Toronto company said it has been preapproved by Public Works and Government Services Canada to provide various security products and services over three years.

"With Route1, government workers will be able to securely work from home or any other remote location and perform all mission critical operations even if they are unable to physically go into government-secured facilities due to weather, illness, transit strikes, pandemic or other disruptions," CEO Dean Peloso said in a release.

The contract announcement comes a week after Peloso was named head of the company, succeeding Andrew White, who was replaced after an apparent clash with the company's board.

The shakeup came on July 20 after White issued a statement saying that he intended to nominate a slate of directors to replace the company's existing board.

THE CANADIAN PRESS.

Stocks

- In trading yesterday on the TSX Venture Exchange, Route 1 shares rose two cents to nine cents, up 28.6 per cent, in trading of more than three million shares.

Business in brief

BEVERAGE PROFIT Toronto-based soft drink maker Cott Corp. said yesterday it continued to make progress in restoring its financials as the company booked a profit for the second time this year even though foreign exchange dragged revenue lower in the second quarter. The lower revenues and flat or lower case shipment volumes in key markets seemed to unnerve investors, who sold off the company's shares on the TSX, pushing Cott's stock price down nearly 18 per cent in afternoon trading.

MINING Roca Mines Inc. said yesterday it has reached a deal to acquire up to a 70 per cent interest in a Mexican mine owned by Cream Minerals Ltd. The two Vancouver-based miners said Roca will enter into a payment schedule that will see it take a 50 per cent stake in the Nuevo Milenio gold-silver project by 2013 for a total cost of $12 million US. At that point, Roca will then have the option to acquire a further 20 per cent interest if it pays for a successful feasibility study of the mine. THE CANADIAN PRESS

Housing market bouncing back in U.S., numbers show

PROPERTY New U.S. home sales in June posted the fastest increase in more than eight years as buyers took advantage of bargain prices, low interest rates and a federal tax credit for first-time homeowners.

While home prices are still falling, the figures released yesterday were another sign the housing market is finally bouncing back.

Earlier this month, the government reported that new home construction rose to the highest level since last fall. And data out last week showed home resales rose almost four per cent in June, the third straight monthly increase.

"The worst of the housing recession ... is now behind us," said David Resler, chief economist at Nomura Securities. "We're turning the corner toward increased activity in housing."

Shares of big homebuilders soared on the news, with Beazer Homes USA up by more than 13 per cent and Hovnanian Enterprises rising eight per cent in afternoon trading. THE ASSOCIATED PRESS

11% rise in June

- New home sales rose 11 per cent in June to a seasonally adjusted annual rate of 384,000, from an upwardly revised May rate of 346,000, the Commerce Department reported yesterday.

RICK BOWMER/THE ASSOCIATED PRESS

In this June photo, a new home sign points to a home in Happy Valley, Ore. The U.S. government said yesterday new home sales rose by the largest amount in nearly nine years last month, in another sign the housing market is finally bouncing back from the worst downturn in decades.

AIG places AIU Holdings into special entity ahead of spinoff

Insurer American International Group Inc. said yesterday it placed its AIU Holdings operations into a special unit ahead of a previously planned spinoff of the business. Kristian Moor was named president and CEO of AIU Holdings, which will eventually become a separate firm from AIG. THE ASSOCIATED PRESS

Financier accused of Ponzi scheme arrested

After weeks of keeping a low profile, a self-described Montreal financial adviser alleged to have bilked clients out of millions of dollars emerged from hiding and into the waiting arms of police yesterday.

Earl Jones, 67, kept his eyes fixed on the ground as police detectives took him into custody.

He stayed silent when questioned by a Canadian Press reporter before being whisked away in handcuffs to provincial police headquarters.

He is expected to appear in court today on what his lawyer says will be fraud and theft charges.

Quebec's financial securities regulator, the Autorite des marches financiers, has alleged Jones may have swindled investors out of between $30 million and $50 million.

Alleged victims who have waited for answers for three weeks were hopeful they would get satisfaction when Jones appears in court.

"For the early days, we were just in the dark and we had no idea where he was or what he was up to," said Joey Davis, whose 78-year-old mother is a Jones client who may have lost as much as $200,000.

Jeffrey Boro, who is representing Jones, said last week his client was alone, depressed and possibly suicidal. He said Jones left the home he shared with his wife and went underground after he received death threats from clients.

A statement by Jones' wife and daughters suggested last week they knew nothing about the alleged scam. THE CANADIAN PRESS

Former clients seek tougher rules

- Alleged victims of financier Earl Jones have scheduled a rally at the Montreal courthouse tomorrow where a bankruptcy hearing for will take place.
- They are asking for stronger rules governing financial planners and tougher sentences for white-collar crimes.

GRAHAM HUGHES/THE CANADIAN PRESS

Escorted by police yesterday, financial adviser Earl Jones, centre, accompanied by his lawyer Jeffrey Boro, front left, leaves an office tower in Montreal.

CGI extends employees' work week

LABOUR Informational technology specialist CGI Inc. has decided to lengthen the work week of about 1,000 employees in Ontario and Quebec to increase its global competitiveness, particularly in attracting U.S. customers.

"Certainly clients want to squeeze more juice out of every lemon." Lorne Gorber, CGI

As of Oct. 11, full-time employees will work 40 hours, but receive no extra compensation for the additional 2½ hours of work.

The change affects employees in parts of CGI's operations based in the Toronto area, but is not a company-wide policy. About 3,000 of CGI's 16,000 Canadian employees will work the lengthened work week. The operations based in Atlantic Canada work 40 hours because of its overseas contracts.

American employees also work longer hours — about 40 per cent of CGI's 26,000 employees do so.

CGI spokesman Lorne Gorber said the change was made because of the need for its professional services business to align itself with what its competitors such as IBM are doing, especially in the key U.S. market, where employees work 40 hours per week.

"Certainly clients want to squeeze more juice out of every lemon, so I think it's us trying to be more productive and deliver as much as we can by way of cost savings and efficiency improvements," he said in an interview. THE CANADIAN PRESS

© 2009 Audi Canada. †Whichever occurs first. Maximum coverage available if there is remaining coverage from the Audi New Vehicle Limited Warranty. Audi CPO Limited Warranty effective for up to the earlier of 2 years/40,000 km. *Limited time finance offer available through Audi Finance, on approved credit. 0.9% APR financing available for up to 24 months on all 2004-2009 A4 models. Example: MSRP of $27,900.00 for a 2006 Audi A4 2.0T quattro Sedan with automatic transmission financed at 0.9% APR for 24 months, equals $1,325.97 per month. Dealer may sell for less. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $296.28 for a total obligation of $31,823.28, including taxes and finance charges. PPSA, license, insurance, registration, any dealer or other charges and options extra. Offer valid until October 1, 2009 and may change or be withdrawn at any time without prior notice. Dealer order/trade may be necessary. "Audi", "A4", "quattro", and the four rings emblem are registered trademarks of AUDI AG. "CARFAX" is a registered trademark of CARFAX, Inc. To find out more about Audi or for more details, see your dealer, call 1-800-FOR-AUDI, or visit www.audi.ca/certified.

Macquarie director named fund's new CEO

FUNDS Macquarie Power and Infrastructure Income Fund said yesterday that Michael Smerdon, a current managing director with Macquarie Capital Funds Ltd., has been appointed to the role of the fund's vice-president and chief financial officer.

Smerdon will succeed current CFO Harry Atterton, who is stepping down to pursue a new career opportunity.

Smerdon will assume his new duties as of Aug. 14. He has managed a number of infrastructure business since joining the Macquarie Group in 1998. Most recently, he worked as a senior manager with New York-based Macquarie Infrastructure Partners Inc., which manages two infrastructure funds worth $5.5 billion US.

Macquarie Power invests in infrastructure assets throughout North America. THE CANADIAN PRESS

Japan Charge!

KOJI KASAHARA/THE ASSOCIATED PRESS

A Nissan Motor Co. staff recharges a super-quiet, zero-emission electric car yesterday during a test-drive event at Nissan's facility in Yokosuka, near Tokyo, Japan. Nissan showed the prototype in a Tiida compact that is already on sale. It is withholding the unveiling of the electric car's exterior design until the Tokyo-based company opens its new Yokohama headquarters Aug. 2.

Ryanair's Q1 net profits surge on lower fuel costs

TRAVEL Irish no-frills airline Ryanair Holdings PLC reported surging first-quarter profits yesterday, citing sharply lower fuel costs and a business model that thrives during recession. The company slashed its profit outlook, however, causing shares to slump.

The carrier said net profit for the three-month period ending June 30 was 136.5 million euros ($210 million) compared to 21 million euros ($32 million) in the same quarter of 2008.

Sales were virtually flat at 774.7 million euros ($1.193 billion), versus 776.9 million ($1.196 billion) a year ago. But fuel costs fell 41.6 per cent to 214.1 million euros ($392 million). THE CANADIAN PRESS

Business in brief

TAKEOVER TigerTel Communications Inc. said yesterday it has received an offer to be taken private by SwiftCo., a company owned by family of TigerTel president and CEO Douglas Swift. SwiftCo., which already holds 53.43 per cent of TigerTel's shares, is offering 25 cents per share in cash, valuing the call centre company at $7.7 million. THE CANADIAN PRESS

Union brings casual workers into the fold
Hundreds of casual workers at the Nova Scotia Liquor Corp. are now union members. The Nova Scotia Government and General Employees Union says they have reached a deal that brings about 400 casuals into the bargaining unit. THE CANADIAN PRESS

Miner gets licence back

The Mongolian government has reinstated the main operating licences at Centerra Gold's Boroo mine, overturning an earlier three-month suspension.

Centerra said yesterday the chairman of the country's Minerals Resources Authority issued a decree reinstating the licences, annulling a suspension order issued June 12 citing operating issues such as record keeping, incorrect land use and improper operating procedures.

The Toronto-based company said it expects full mining and milling operations to resume in the next few days.

Changes
- Reports said Mongolian president-elect Tsakhiagiin Elbegdorj wants to change a proposed deal with Vancouver-based Ivanhoe Mines.
- The government also wants a bigger portion of the profit from Australia's Rio Tinto, its partner in the Oyu Tolgoi project, which is considered the world's largest copper-gold development.

Boroo is one of two projects the company has in Mongolia. The miner has been in continued talks with the Mongolian government over an investment agreement for the Gatsuurt gold development.

Boroo's heap leach facility is not included in the reinstatement and will remain shut down pending an additional permitting process.

Centerra is just one of a number of Canadian companies with operations in the central Asian country that have faced government-imposed shutdowns in recent months.

This month, Western Prospector Group, a junior Vancouver miner recently taken over by a Chinese company, said its uranium exploration licences in Mongolia have been suspended for three months due to alleged violations of Mongolian laws.

Vancouver-based Ivanhoe Mines has faced uncertainty after reports that Mongolia's president-elect wants to change a proposed mining agreement to get more revenues from a big copper-gold project. THE CANADIAN PRESS

Survey finds global consumer confidence improving

ECONOMY Consumer confidence around the world improved in the second quarter, according to a survey by researchers Nielsen, suggesting the public is embracing the idea of a global economic recovery.

The Nielsen Global consumer confidence index rose to 82 in June, an increase of five points from March, spurred by renewed consumer optimism and stock market gains in emerging markets and key Asian countries.

In the survey of 14,029 consumers in 28 countries, 71 per cent of respondents thought their country was in recession, down from a high of 77 per cent when the survey ran in March. THE ASSOCIATED PRESS

0 catches.

Switch to a President's Choice Financial® no fee bank account and enjoy:

- FREE daily banking – online and by phone, 24/7
- FREE transactions at President's Choice Financial and CIBC bank machines
- FREE groceries* when you use your President's Choice Financial bank card and earn PC® points at participating stores where PC® products are sold

Switch and save today! Drop by an in-store pavilion, call 1-888-236-6375 or visit pcfinancial.ca/nofee for information.

President's Choice FINANCIAL

* Earn 5 PC points for every dollar spent with your no fee bank card at participating stores where President's Choice products are sold. Minimum redemption 20,000 PC points = $20 free rewards. Some redemption restrictions apply; for details and more ways to earn PC points, visit pcpoints.ca.

® PC, President's Choice, President's Choice Financial, PC Financial and Fresh Financial Thinking are registered trademarks of Loblaws Inc. Trademarks used under licence.
President's Choice Financial personal banking services are provided by the direct banking division of CIBC.
PC points program is provided by President's Choice Services Inc.

Profit Big drop

PAUL SAKUMA/THE ASSOCIATED PRESS

Honeywell International Inc. said yesterday its second-quarter earnings dropped 38 per cent as the company's businesses in troubled sectors like automobiles and construction continued to drag down its results.

Tata Motors profit up on cost cutting

SALES India's Tata Motors said yesterday its quarterly profit surged 57.5 per cent as cost cutting, income from the sale of part of its stake in Tata Steel and lower raw material prices made up for slumping sales.

Profits for the quarter were 5.13 billion rupees ($115.3 million), up from 3.26 billion rupees ($73.1 million) last year.

Stabilizing domestic sales helped make up for a continuing slump in exports as the global economic crisis swept through its main export markets of South Africa, Turkey and Russia. THE ASSOCIATED PRESS

Business in brief

CHINA The first company to list on China's main stock exchange in 11 months soared more than 300 per cent in its trading debut yesterday, reflecting renewed market activity following a sharp decline last year. Sichuan Expressway Co. surged 323.6 per cent to 15.25 yuan ($2.22 US) per share on the Shanghai Stock Exchange before falling back to end the day at 10.90 yuan ($1.59).

LAWSUITS Medtronic Inc. said it agreed to pay Abbott Laboratories $400 million US to settle patent lawsuits related to the design of vascular stents. The companies agreed not to sue each other over matters related to stents or stent delivery systems for 10 years. Medtronic will also make a $42-million payment to evYsio Medical Devices. THE ASSOCIATED PRESS

Interest rates/Savings accounts
METRO NEWS SERVICES

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.0%	0.75%	1.05%	1.4%	1.2%	0.75%	0.75%	1.25%	0.75%	0.75%

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

ICICI Bank
Apply online: www.icicibank.ca

What defines an employee?

MoneyMatters

Q Recently, the Canada Revenue Agency completed an audit on my construction business. I was fined for payroll taxes for three years including penalties and interest. I have up to three workers that work on an "as needed" basis and see no reason to do payroll. Who is right? This would bankrupt my business. — Vince

A Generally, many small businesses prefer to treat workers as "independent" because of time and payroll cost. The CRA would prefer the opposite. On one hand, an individual that works for one company, at hours specified every day for a fixed amount would be considered an employee. Comparatively, an individual that provides services to several companies using his/her own expertise, independently prioritizing work and degree of service is considered self-employed.

Some factors to consider: Who determines when, where and how the services are to be performed? Is the working individual an integral part of the company? Do your self-employed individuals bear economic risks such as financing equipment and tools and obtaining sufficient clients to succeed?

Get a tax accountant that can help ASAP.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

Budget before the bump

Plan before pregnancy for staying financially afloat

AlisonOnMoney

I am seeing babies and big bellies everywhere. On Saturday at my local farmer's market I constantly negotiate with one or the other between basil, beets and blueberries.

And since such markets tend to be intimate affairs I can't help overhearing the conversations of parents-to-be chatting with new moms and dads.

A frequent comment goes something like this. "We're excited but a little concerned about managing on my mat leave pay." As I cast my eye to the nearly full term tummy I'm thinking: Uh oh, a little late to start worrying.

Alison's Money Rule:

- If a new family is in your future, prepare for it financially before the wee one is even a sparkle in Dad's eye by living on a baby budget.

The best way to prepare for maternity leave pay is to try it out long before the joyous day arrives. If you get in the habit of spending less to accommodate a lower income, you won't find it as much a hardship later on.

Start with the budget template on my site, alisongriffiths.ca. For income, use mom's mat pay (assuming it is mom who will be on leave) together with the partner's take-home income.

Don't forget to increase existing take home to factor in the additional tax deduction of a new dependent.

As you fill out expenses you will quickly see where you need to cut back in order to keep the bottom line a healthy black.

Of course, with two full-time incomes currently you should now have a surplus!

Stash it in a baby account to be used for emergencies during maternity leave.

On the other hand, if you are laden with debt, devote the surplus to paying it down. With a number of months of boosted payments you can make a big dent in what you owe. Lower debt means lower stress for new parents.

The discipline of living on a "baby budget" in advance also offers you some post-mat leave flexibility.

If one parent decides to stay at home or work part-time you have a greater chance of making it happen if the habit of spending less is well ingrained.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Investing

Allan Small looks at the quarterly results of companies in his market update. Visit metronews.ca/investing

Sway — The Power and the Pulse of a People

SUBSCRIBE TO *SWAY* TODAY

The premier lifestyle magazine celebrating Canada's black communities.

Why rush to pick up your next copy of *Sway* when you can have it sent directly to your home or office?

swaymag.ca/subscribe (4 issues for just $16)

For more info contact us at advertising@swagmag.ca or call **416.596.4520**

Sway thanks all its advertisers for making the Caribana Issue a huge success. Through your support we continue to tell the inspiring stories of one of Canada's most diverse, influential and thriving cultural communities.

Now available at Chapters Indigo across Canada

Business & Professional
- Arbor Memorial Services
- Black Business and Professional Association
- Exposure Photography
- First Fridays
- Heydary Hamilton PC
- Samantha Blanchette Photography

Clubs & Restaurants
- Empire Restaurant & Lounge
- Harlem Restaurant
- Irie Restaurant

Community
- Liberal Caucus
- Scotiabank Caribana
- Toronto Police Services
- Toronto Transit Commission

Education
- A Different Booklist
- Centre for Education & Training
- University of Toronto Schools

Entertainment
- Dr. Dre. (Wide Awake Entertainment Group)
- Secrets of a Black Boy (Trey Anthony)
- The Harder They Come (Mirvish Productions)

Fashion & Beauty
- Bigen Powder (Sun Ming Hong Canada)
- Bump No Way (Aim Distributor & Manufacturing)
- Hair Extension Centre
- Hakim Optical
- La Chance
- LOC'N Twist
- Movado
- R. Hiscott Beauty & Theatrics
- Total You Hair Design

Financial Services
- Bossystem
- Dominion Lending Centres/Coldwell Banker
- Mortgage Edge
- Scotiabank
- Western Union

Health
- Black Coalition for AIDS Prevention
- Heart & Stroke Foundation
- Healthy Footsteps
- Kraft Canada
- Taste of Life

Home Decor
- Bath Fitter

Telecommunications & Media
- BlackBerry
- New Flow 93.5

Travel
- Air Jamaica
- Grenada Tourism

Spirits
- Appleton Rum

Star Media Group

Galaxy fan has lifetime ban lifted

The Los Angeles Galaxy fan who jumped onto the field during an exchange between David Beckham and the home crowd had his lifetime ban from the stadium rescinded yesterday. The unidentified fan jumped onto the field July 19 for a match against AC Milan after Beckham made what appeared to be an inciting gesture. METRO NEWS SERVICES

Sports

NFL reinstates Vick

Michael Vick, left, is back in the NFL. Now all he needs is a team to play for. Vick, free after serving 18 months in prison for running a dogfighting ring, was reinstated with conditions by NFL commissioner Roger Goodell yesterday. He could participate in regular-season games as early as October.

THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Aussie golfer conquers Canada

Nathan Green bests Retief Goosen in two-hole playoff to win soggy Canadian Open

A week full of surprises at the RBC Canadian Open managed to deliver one more with its conclusion as Nathan Green outlasted Retief Goosen in a two-hole playoff.

It was the first PGA Tour win for the 34-year-old Australian, who entered the week 27 worldwide victories and 269 places in the world rankings behind Goosen.

Green clinched the title on the 17th hole after making a par and watching Goosen fail to get up and down from behind the green. He wore a look of disbelief when Goosen's eight-foot putt to extend the playoff missed wide.

"It's a huge surprise to finally win," said Green.

Rain battered the Glen Abbey course for four days before giving way to sunshine yesterday morning, allowing golfers to complete what was left of their third round before playing the final 18.

FRANK GUNN/THE CANADIAN PRESS

Nathan Green of Newcastle, Australia, shakes hands with an RCMP officer yesterday after winning the Canadian Open at Glen Abbey in Oakville.

Green finished a third-round 69 in the morning before shooting a 68 in the afternoon. He is a former winner on the Canadian Tour who spent the week talking about how much he loves playing golf in this country.

"This is where I started my pro career," said Green. "I love coming up here. The people are great."

Anthony Kim (73) and Jason Dufner (73) finished four shots out of the playoff while Lee Janzen (67), Brandt Snedeker (68) and Jerry Kelly (71) were another stroke back.

Green got some validation of his own after spending three full seasons on the PGA Tour without registering a victory.

He moved to the top of the leaderboard yesterday afternoon as Goosen and Kim — two of the top-ranked players in the field — each made mistakes on the final nine, but failed to birdie the easy par-5 18th to win in regulation.

THE CANADIAN PRESS

Final Canadian scores

- Chris Baryla of Vernon, B.C., shot a splendid final-round 66 to match Calgary's Stephen Ames (67) as the low Canadian. They each tied for eighth.
- Mike Weir of Bright's Grove, Ont., finished the tournament at 10-under.
- Graham Delaet of Weyburn, Sask., finished at 6-under.

Leafs acquire Primeau from Calgary Flames

HOCKEY The Toronto Maple Leafs have acquired Wayne Primeau from the Calgary Flames for defenceman Anton Stralman and forward Colin Stuart, the teams announced yesterday.

The Leafs will also receive a second-round draft pick in 2011 while Calgary will take a seventh-round pick in 2012.

Primeau, 33, had four assists in 24 games with the Flames last season. The six-foot-four, 225-pound forward missed 58 regular-season games and the playoffs with a foot injury.

Stralman, 22, recorded one goal and 12 assists with the Leafs in 38 games.

Stuart, 27, was originally acquired by Toronto in a trade with Atlanta on July 1. He scored five goals and added three assists in 33 games with the Thrashers last season.

THE CANADIAN PRESS

Great Careers Start at triOS College

Business & Law
Honours Business Administration
Accounting & Payroll Administration
Administrative Assistant
Office Administrator
Law Clerk + Internship
Police Officer

Technology
Network Engineer + Internship
Video Game Design & Development + Internship
Network Specialist (MCITP)
Network Specialist (Multi OS)
Network Support Technician
Web Designer/Developer

Healthcare
Physiotherapist Assistant
Medical Office Assistant
Personal Support Worker
Community Services Worker + Internship
Pharmacy Assistant
Medical Transcriptionist + Internship

triOS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE
www.mytrios.ca

CLASSES NOW ENROLLING
CALL TODAY TO LEARN MORE
1-888-646-7415

Toronto Campus: 425 Bloor St. E. Oshawa Campus: 360 King St. West Mississauga Campus: 55 City Centre Dr.

MR. TANKLESS

STOP WASTING, START SAVING
Reduce Your Gas Bill By $35-$45 Per Month
Call today for your free in home estimate

GTA's Largest Tankless Water Heater Dealer

Purchase Equipment and Pay NO TAX
Try It for Your First Month FREE So You Can See Your Results!

• Unlimited hotwater
• Up to 3 showers at the same time
• 30% of your gas bill is from your hot water tank
• Tankless water heater will reduce it to 5%
Save yourself at least $350.00 a year!
WOW it pays for itself from day ONE!
Start renting from $23.95 per month
• Saving you space
• Saving the environment

Rent From $23.95 Per Month
And Get $1350 Cash Back In Rebates. That Means 3 Years Of Free Rental!

East 416-723-1797
Central 416-723-1797
West 905-793-1003
Toll Free 1-888-793-1003

www.mrtankless.ca

No Installation Fee! No Removal Fee!

Boxer exchanged shots before death

Atlanta police say former world champion boxer Vernon Forrest exchanged gunfire with robbery suspects before being shot to death. A police spokesman said yesterday that investigators believe between 20 and 24 shots were fired from two guns Saturday. METRO NEWS SERVICES

New Coyotes bidders plan Canadian games

A group of businessmen wishing to buy the Phoenix Coyotes has a creative plan for the team to play five games each season in Canada, likely in either Saskatoon or Halifax, to help keep it financially viable in Arizona.

Friday was the deadline in Arizona bankruptcy court for bidders who wish to keep the Coyotes at their Glendale home to submit their formal bids. One bid, from Chicago Bulls and White Sox owner Gerry Reinsdorf, was submitted and worth up to $148 million (all figures U.S.). Another group of Canadian and American businessmen, calling itself Ice Edge Holdings, submitted a "letter of intent" to buy the team. for $150 million.

It has until Aug. 5 to get its bid on the table but is still raising capital. That day an auction will be held for bidders who wish to keep the team in Phoenix. If a bankruptcy judge rules that no bid is satisfactory for creditors, another auction will be held Sept. 10 for bidders, such as Jim Balsillie, who wish to move the team.

"Today we couldn't to it but that doesn't mean we (can't get the bid completed) a week from now," said Ice Edge Holdings' spokesperson Daryl Jones, an Albertan.

"If we didn't think we could, we'd stop working on it. We're working on this day and night. It's an incredibly complicated situation."

Jones said his group's plan is to keep the Coyotes in Arizona but he said games in Canada would augment revenues for the team and bring NHL regular-season hockey to a part of Canada that would otherwise have no chance to see it. TORSTAR NEWS SERVICE

The arenas

- Ice Edge has been in discussion with arena managers in Saskatoon and Halifax. No formal deal is in place but the group favours Saskatoon's Credit Union Centre, which is expanding its seating capacity for hockey to 14,750 from 11,300. The Halifax Metro Centre seats 10,500.

From YouTube to the Olympics?

MATTHEW WUEST
matthew.wuest@metronews.ca

ATHLETICS Literally billions of videos have been uploaded to YouTube through the years, but Justin Darlington may be the only uploader whose video gets him to the Olympics.

The Ajax, Ont., native made a name for himself on the Internet when he posted videos of his basketball slam-dunking artistry.

Blessed with an unheard of 50-inch vertical leap, the six-foot-four street-baller can put his head over the rim and pull off moves that make NBA stars look like amateurs.

High-jump coach Daniel St-Hilaire, based in Montreal, stumbled upon those same videos by fluke earlier this year when he typed in "slam dunk basketball" on YouTube.

"For five minutes, I was hypnotized," St-Hilaire said. "I froze in front of the video. I said, 'I need to talk to this guy.'"

"First, he showed me how high I would have to jump to get into the Olympics. I laughed at him."
Justin Darlington

The 21-year-old Darlington had spent two years travelling the world under the nickname "Jus Fly," putting on shows and entering dunk contests to earn a living. But when St-Hilaire asked via Facebook to meet him, things changed.

"I said, 'Why not? I'll hear what he has to say,'" recalled Darlington.

"First, he showed me how high I would have to jump to get into the Olympics. I laughed at him."

But Darlington went along with St-Hilaire. After a couple of training sessions, he jumped 1.95 metres. After a couple more, he jumped 2.10 and placed fifth at nationals.

To put it in perspective, Canada's best high-jumper this year clears 2.25 and the Olympic standard is 2.30.

"In my 37 years in this sport, I've never seen a progression like that so quickly," raved St-Hilaire.

Darlington, a two-foot dunker who is still adjusting to the one-foot takeoff of the high jump, plans to stick with it.

"Why not?" Darlington said. "If I keep progressing the way I am, this could easily take me to the Olympics."

The first step is to get government funding by jumping 2.17 three times by October.

It's a tough task, but he barely missed 2.15 at nationals and is getting better by the day.

"If he gets that, it would be the first time in the history of Canadian sport that a guy with so little training gets the carding minimum," St-Hilaire said. "He has unlimited potential."

SCOREBOARD

MLB

AMERICAN LEAGUE

YESTERDAY
Kansas City 5 Baltimore 3
N.Y. Yankees 11 Tampa Bay 4
Boston 8 Oakland 3
Texas 5 Detroit 2
Minnesota 4 Chicago W.Sox 3
TORONTO at Seattle
Cleveland at L.A. Angels

TODAY
TORONTO at Seattle
Kansas City at Baltimore
N.Y. Yankees at Tampa Bay
Oakland at Boston
Detroit at Texas
Chicago W.Sox at Minnesota
Cleveland at L.A. Angels

NATIONAL LEAGUE

YESTERDAY
Cincinnati 6 San Diego 4
N.Y. Mets 7 Colorado 3
St. Louis 6 L.A. Dodgers 1
Houston at Chicago Cubs
Washington at Milwaukee
Philadelphia at Arizona
Pittsburgh at San Francisco

TODAY
Atlanta at Florida
Colorado at N.Y. Mets
San Diego at Cincinnati
Houston at Chicago Cubs
Washington at Milwaukee
L.A. Dodgers at St. Louis
Philadelphia at Arizona
Pittsburgh at San Francisco

CFL

THURSDAY
Montreal at Edmonton

FRIDAY
B.C. at Hamilton

SATURDAY
Winnipeg at **TORONTO**
Saskatchewan at Calgary

MLS

TOMORROW
All-Star Game
At Sandy, Utah
Everton FC vs. MLS All-stars

SATURDAY
TORONTO FC at New England
D.C. United at Houston
Kansas City at FC Dallas
Real Salt Lake at Chicago
Columbus at Colorado

Tour winner has no love for Lance

Tour de France winner Alberto Contador found the time he spent off the road with Astana teammate Lance Armstrong tougher than the race itself, the Spaniard said yesterday. "My relationship with Lance Armstrong is zero," Contador told a news conference, where he was given a hero's welcome. METRO NEWS SERVICES

Nolan's story one of perseverance

RICHARD WOODBURY
for Metro Canada

Ted Nolan's first pair of hockey skates were size six, but his feet were size three.

This was just one challenge the former NHL player and coach faced during his upbringing on the Garden River Ojibwa First Nations Reserve, just outside of Sault Ste. Marie, Ont.

"I still get shivers in my spine when I speak to kids at schools about going to school when you're hungry, coming home and there's not too much food in the fridge, not having electricity, bathing in a tub in the wintertime and going to outdoor toilets until you're 17 years old. It was very tough."

Ted Nolan

But he wouldn't change anything about it, he says. Nolan remembers the good times of traditional powwow dancing and drumming, as well as hunting and fishing.

He is currently the vice-president of hockey operations for the AHL's Rochester Americans.

Despite having only played house league growing up, Nolan went on to play junior hockey for the Sault Ste. Marie Greyhounds. It was the first time he encountered racism.

"I still remember crying myself to sleep night after night for the first two months I was there, wondering why people would treat people from a different race that hateful. What did we do so wrong?"

But he didn't quit. Never giving up is a message Nolan has always preached.

"Believe in yourself and work. Don't just believe, you also have to work and persevere. If it doesn't work one way, then find another way. I always believed will beats out skill."

Beside motivational speaking, Nolan also gives back through his foundation. He started the Ted Nolan Foundation as a way of paying tribute to his mother. She was killed by a drunk driver in 1981.

"It took me almost 10 years to even discuss it," he says.

The foundation became a registered charity in 2004, but started as a golf tournament in the late '90s. The foundation provides scholarships for First Nations women to pursue post-secondary education.

FocusOn FirstNations

Massa recovering from life-threatening injuries

FERRARI Formula One driver Felipe Massa was awake and talking to family members yesterday, making significant improvement after his high-speed crash two days earlier.

Lajos Zsiros, the chief surgeon at AEK hospital, said Massa is now breathing unassisted and moving his limbs. In addition, a drain from his head wound has been removed.

The 28-year-old Brazilian is groggy but able to answer questions. Zsiros says further improvement can be expected.

"(Massa is) sleepy, but he gives adequate answers to questions we ask him and he gives spontaneous answers to questions we ask him," Zsiros said. "Further improvement of his condition can be expected."

Zsiros said Massa didn't have a fever and remained in stable condition in the military AEK hospital's intensive care unit alongside family members, which included his pregnant wife Anna Rafaela.

Massa crashed into a protective tire barrier at 190 kilometres per hour Saturday during qualifying at the Hungarian Grand Prix and was near death for two days.

"Felipe is awake. He's very well and everyone is very happy with his condition," Massa's family doctor, Dino Altman, said. "He wants to know what happened to him and he answered some questions."

Altman ruled out Massa being transferred from Budapest, with doctors suggesting Massa would have to remain at least one week to 10 days.

THE ASSOCIATED PRESS

Sports in brief

BURRESS Manhattan's district attorney says he wants former Giants wide receiver Plaxico Burress to serve time in prison, the New York Post reported yesterday. Robert Morgenthau told the newspaper that Burress, who shot himself with an unlicensed gun in November, was willing to agree to spend a year in jail, but prosecutors insisted on two.

BASEBALL Cleveland Indians manager Eric Wedge and pitcher Winston Abreu were suspended and fined yesterday after the reliever plunked a Seattle hitter over the weekend. Abreu received a three-game ban less than a month after he was traded to the Indians and Wedge was suspended for one game. Neither opted to appeal the ruling.

SOCCER Canadian goalkeeper Pat Onstad has pulled out of tomorrow's MLS all-star game because of a strained back. He will be replaced by Zach Thornton of Chivas USA.

METRO NEWS SERVICES

Bishop joins Bombers

Michael Bishop's return to the CFL was made official yesterday when he was added to the Winnipeg Blue Bombers' practice roster. Bishop has passed for 8,737 yards and 51 touchdowns over eight seasons with Toronto and Saskatchewan. He has also rushed for 1,303 yards and 12 touchdowns. METRO NEWS SERVICES

Soccer **Barcelona's newest addition**

MANU FERNANDEZ/THE ASSOCIATED PRESS

Barcelona's new signing Zlatan Ibrahimovic of Sweden gestures to spectators during his official presentation at the Camp Nou soccer stadium yesterday in Barcelona, Spain. The Spanish side paid a $69.3-million transfer fee to Inter Milan to secure Ibrahimovic.

Phils balk at asking price for Halladay

Likelihood of swinging deal 'very slim,' says Jays GM

As general manager J.P Ricciardi's self-imposed trade deadline approaches, U.S. news outlets are reporting that a proposed deal with the Philadelphia Phillies for ace pitcher Roy Halladay appears unlikely.

The sticking point appears to be the Blue Jays' asking price for the six-time all-star.

Toronto still wants the Phillies to give up both rookie pitcher J.A. Happ and top prospect Kyle Drabek along with minor-league outfielder Dominic Brown, writes ESPN's Jayson Stark.

Stark cites league sources in writing that the Phillies have also targeted 2008 Cy Young Award winner Cliff Lee, and that negotiations with Cleveland have heated up since talks with Toronto stalled.

Meanwhile, Ricciardi told FoxSports.com, the outlet to which he first revealed his willingness to trade Halladay, that the chances of making such a deal were now "very slim."

Ricciardi, who has stopped talking to local reporters about the Halladay situation, told Fox Sports.com he'd still consider moving Halladay for the right offer, even if it came after today's self-imposed deadline.

"We've said that we would listen, but that we would have to be motivated and wowed. Right now we haven't been. I've said all along my gut tells me I won't be. I still stand by that."

Jays GM J.P. Ricciardi

Halladay travelled to Seattle with the Jays after Sunday's win over the Tampa Bay Rays and is scheduled to start against the Mariners tomorrow afternoon.

TORSTAR NEWS SERVICE

For a recap of the Blue Jays' game last night in Seattle, visit: metronews.ca/sports

100% PERMANENT HAIR REMOVAL

A GOOD FOR YOU!! You're coming to OMI for your hair removal treatment.

B You are to be congratulated for not wasting your money with others who overcharge for poor results or undercharge for no result.

C OMI's proven they are best since 1979. Improve your life, call OMI now!

Most ... of OMI consultations were treated by doctors and others without success. Don't waste your money like they did. Come to OMI first! (most OMI clients are male)

OMI on Rogers TV Channel 5
OMI MEDICAL INC.
416•223•5500
www.omihair.com
OPEN 7 DAYS A WEEK

Jays VS Yankees
Tuesday, August 4th - Wednesday, August 5th @ 7:07 pm

Jays VS Orioles

Friday, August 7th @ 7:07 pm
92/93 World Series Teams Tribute
FLASHBACK FRIDAYS — Presented by The Toronto Star and THE FAN 590. Select players from the 92/93 World Series Teams will be signing autographs from 5:30 pm - 6:15 pm. Visit bluejays.com/back2back for details on autograph locations. Pre-game tribute to the 92/93 World Series Teams (on field).

Saturday, August 8th @ 1:07 pm
92/93 World Series Fan Fest and Autograph Session
At My Best™ JR. JAYS SATURDAYS — Presented by The Toronto Star. Join us for the FREE Outdoor Program two hours before game time at Gates 5 & 10. After the game, kids under 14 get to run the bases just like the pros! Fan Fest Autograph Session presented by The Toronto Star and Pizza Pizza.

Sunday, August 9th @ 1:07 pm
Tom Henke Figurine GIVEAWAY — Presented by TD Canada Trust. Limited to the first 10,000 fans.

ASK ABOUT THE "BACK2BACK FOUR PACK"

FOR TICKETS CALL:
416.341.1234, 1.888.OK.GO.JAY
For Blue Jays game alerts & breaking news text the word ALERTS to 707070. Tickets also available at select Rogers Plus locations and bluejays.com. www.twitter.com/bluejays

Metro Workology exclusive: Backstage Pass
In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

Workology

Durham on the rise

Durham College is reporting a 5.28 per cent increase in applications to the school for fall studies over this time last year. Preliminary figures indicated 4.86 per cent in the number of students confirming Durham as their first choice. The college expects overall enrolment to rise to approximately 6,600 students, along with an estimated 1,600 apprenticeship students, for the 2009-10 school year. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Costume maker or mad scientist?

Don't be fooled by the dye vats and tools, wardrobe shops are just for the stage

Backstage Pass

RAFAEL BRUSILOW
for Metro Canada

Turning garbage into glorious gowns and scraps into showy skirts is what Doris Haidner-Seif does best, always with a hint of stagecraft added.

As Head of Wardrobe in York University's Theatre Department in Toronto, Haidner-Seif has spent half her life teaching students how to take everyday clothes and turn them into visually arresting costumes worthy of a great performance.

If swirling dye vats, revving tools and ominous-sounding "respirators" seem like something you'd rather find in a factory than a studio, that's because Haidner-Seif's production space at York resembles a lair of mad science.

Coloured spools hang from a wall mount above industrial sewing machines and shelves filled with vibrant fabrics flank rows of work tables. Overhead, powerful lamps hang suspended like latticework, suggesting a place of intense concentration and creativity.

The 49-year-old instructor and creative designer has built costumes for performance houses like the Canadian Stage Company and the Theatre Francais in Toronto and says the key to making great costumes is to see beyond the ordinary and let a garment reveal itself from its humble roots.

RAFAEL BRUSILOW/FOR METRO CANADA

Doris Haidner-Seif is head of wardrobe at Toronto's York University Theatre Department.

"It's just clothing until it becomes a costume. You need to leave yourself wide open and let the thing create itself," she said.

Since 1985, Haidner-Seif has taught wardrobe design and managed York's Costume Shop where students get to make every single costume or wardrobe accessory used in the school's many student performance productions.

"It's just clothing until it becomes a costume."
Head of Wardrobe at York
Doris Haidner-Seif

Haidner-Seif teaches students to draft patterns, take measurements correctly, cut fabric, plan their designs and think outside the box — a piece of scarf can become the trim on a luxurious dress or the tail of a stuffed toy can become a collar, for example.

With extremely limited budgets, imagination becomes a precious commodity as student designers have to visualize an impressive finished product matched together piecemeal from a pile of dreary old clothes and scraps of material.

Haidner-Seif feels it's a beneficial rite of passage for students to learn to stretch a small budget by thinking creatively, especially since it prepares them for the realities of actual theatre production.

"You need to be able to see the potential in a piece of garbage. When you have nothing, you're forced to be inventive," she said.

In the 25 years she's been teaching students how to create costumes, Haidner-Seif has seen nearly 1,000 of them walk through her doors and she considers them all a part of her family in one way or another. Her passion for teaching students is unmistakeable and she finds joy in passing her knowledge on to the next generation.

"They're like my kids — I'm proud of them. The most rewarding part of all is that I've given a piece of myself to them," Haidner-Seif said.

For more of the Backstage Pass exclusive series check Workology frequently or stop by: **metronews.ca/work**

Workology in brief

IMMIGRATION While tens of thousands of Canadians have lost their jobs during the recession, immigrants who have been in the country for less than five years are losing their jobs at more than three times the rate as people who were born in Canada, according to Statistics Canada. Among Canadian-born workers, employment fell by 1.6 per cent over the past year, while it fell 5.7 per cent among immigrants. —HEATHER BUCHAN

HERZING COLLEGE

Earn a diploma in one year or less and start your career in:
Paralegal
Legal Assistant
Law Clerk
or Police Foundations

Classes Forming NOW!
1-888-NEW-CAREER
1-888-(639-2273)

www.herzing.edu Toronto Eaton Centre Campus

Serve and Protect Your Community
Police Foundations

Crime doesn't stop during a recession, and police officers and security specialists continue to be in demand. There are threats from organized crime, gangs, terrorism, fraud and shortages of Police personnel, with many now serving, reaching retirement age. Police services are recruiting for diversity as they want the face of the next generation of police to be as diverse as Canada.

To meet this need, Herzing College is offering a one year 'Police Foundations' diploma program, which includes the Canadian Firearms Safety Courses and an internship of practical work placement.

Career opportunities that may be available include: Ontario Police Services, RCMP, Canadian Armed Forces, By-law Enforcement, Private Police, Campus Police, Private Security Agencies, Airport Security, TTC Constables, Border Security, Correctional Services and Security for special events, concerts, sporting events, industrial & commercial, residential, retail, casinos etc.,

For an exciting career in any of these fields call:
1-888-639-2273

Be Job Ready in months, not years! Earn your professional Diploma! Evergreen College

Second Career, EI, SA & ODSP recipients are welcome

Morning, evening & weekend classes
Pharmacy Assistant (Toronto Campus)
Community Service Worker
Medical Office Admin
Early Childcare Assistant
Personal Support Worker
Computer System & Network Specialist A+, MCSE, CCNA
Computerized Accounting & Payroll
Ask us about Bonus Certifications
Field Placement & Job Assistance included
www.evergreencollege.ca
Call Now!

Toronto Downtown Campus
416.365.0505
67 Yonge Street 4th Floor (King & Yonge)

Mississauga Campus
905.566.0507
Unit 201, 1140 Burnhamthorpe Rd. W.

Cow on the lam in Saskatchewan
Last week a cow escaped from the University of Saskatchewan's Western College of Veterinarian Medicine, stopping by a McDonald's restaurant in Saskatoon before eventually being recaptured. METRO NEWS SERVICES

From Spielberg to SafeStart

CHRIS ATCHISON
for Metro Canada

Larry Wilson would be the first to admit that his career path is far from typical — he might even call it downright extraordinary.

Wilson, vice-president of Belleville, Ont.-based safety training firm Electrolab Training Systems Limited, spends much of his time touring the world, espousing the virtues of simple concentration techniques to avoid injuries both at work and at home. But in the 1980s, the father of four was better known for gracing the covers of international magazines such as Gentleman's Quarterly, posing for Italian fashion designer Valentino and making the occasional appearance on daytime soap The Young And The Restless.

So, what would prompt a young man in his late-twenties, with matinée idol looks and a highly-successful career, to turn his buff back on quasi-celebrity status to become a safety guru?

"I still have long talks with myself about why we had to leave L.A.," Wilson deadpans from his part-time base in Whistler, B.C. "Was it really that bad? Just because it was shallow and vacuous?"

Indeed, Wilson lived the high life, hobnobbing with the likes of pop-art icon Andy Warhol, mingling with film and TV royalty, and earning upwards of $1,000 per day for his acting and modelling efforts. The 52-year-old recalls his most memorable audition, with Jaws director Steven Spielberg.

"He flips me this hat," Wilson remembers, "takes out a Nikon, puts me up against a wall and shoots a half a roll of film. The guy knew what he was doing." The baby-faced actor had the good looks, but lacked the facial maturity Spielberg sought. Much to Wilson's chagrin, the role of Indiana Jones went to Harrison Ford, instead.

"I still have long talks with myself about why we had to leave L.A. Was it really that bad? Just because it was shallow and vacuous?" SafeStart pioneer Larry Wilson

It was around this time that he began to tire of L.A.'s decadent scene. Wilson continued modelling for a few years before returning to Belleville at age 29 to put his charismatic talents to work for his father's firm, Electrolab, where he began teaching safety strategies to veteran factory workers. The reception wasn't always enthusiastic. "The only reason I survived was that I could tell a story," he recalls. "I didn't look like I believed in it either, so the guys thought I was cool."

By winning workers' trust and sharing stories, he discovered how they were really injuring themselves on the job. It wasn't that they were ignoring safety rules, but rather that the rules ignored basic human nature. Injuries, he observed, were caused by people who were rushing, frustrated, fatigued or complacent. Over the course of several years he drew on those experiences and designed a new system for injury prevention called SafeStart. The result? According to Wilson, companies that employ the program reduce workplace injuries by an average of 60-90 per cent over two years.

Electrolab now boasts annual revenue of $20 million — 70 per cent of which is derived from Safe Start seminars — and the program has been expanded to include a kids' element to help tots avoid unnecessary accidents. The reason: Wilson found that workers weren't so interested in their own safety — but keeping their kids safe was another matter. "I realized we could get at these adults who think they're safe enough by talking about their kids, which is their weak spot," Wilson explains.

That's why Wilson has no regrets about leaving such a glamorous past behind. Preventing injuries, he's found, is far more rewarding than posing for photo shoots.

"No one, no matter their attitude, is ever trying to get hurt and this is one area where I make a difference."

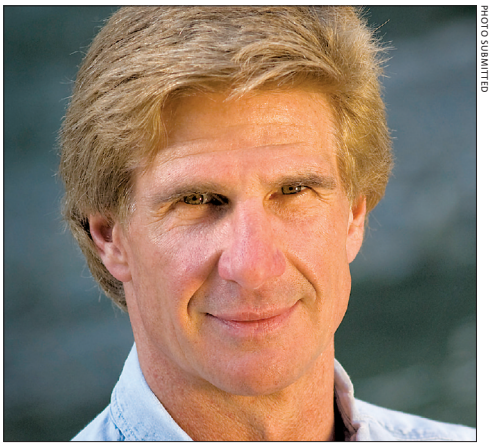
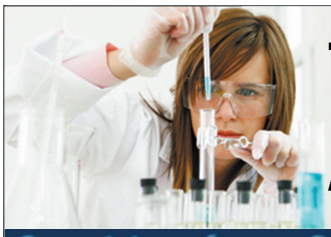


PHOTO SUBMITTED

Leaving a glamorous Hollywood career behind him, Larry WIlson decided to tackle workplace safety in his hometown of Belleville, Ont.

BILINGUAL (FRENCH CANADIANS)
DIRECT MARKETING
ASSOCIATES REQUIRED
EARN UP TO $16/HR
• Guaranteed base salary of $11 - $13/hr
• Competitive bonus structure and incentives
• Monthly transportation allowance up to $100
• AM/PM Flexible shifts
• Great location - Yonge & Sheppard
Call TODAY!
416.849.0960
(9am - 9pm)
email: hr@smtdirect.com
smt direct


TIPT GRADUATES ARE IN DEMAND.
Come join us for our Open House and learn about our pharmaceutical training programs.
Date: Saturday, August 8th, 2009
Time: 11:00 AM
Location: 55 Town Centre Ct – Suite 800, Scarb., ON. M1P 4X4
RSVP TODAY!
416.296.1478
info@tipt.com
Toronto Institute of Pharmaceutical Technology (TIPT®) is holding an open house for prospective students interested in enjoying a career as a pharmaceutical professional.
Our career solutions include:
- Pharmaceutical Quality Assurance & Quality Control (Post-Graduate Diploma)
- Pharmaceutical Research & Development (Post-Graduate Diploma)
- Pharmaceutical Regulatory Affairs (Post-Graduate Diploma) * P/T Available *
- Pharmaceutical Quality Control Analyst (Certificate) * P/T Available *
- Manufacturing Technology (Diploma)

The TIPT® Advantage:
- Practical hands-on training
- High graduate employment rate
- 1.1% OSAP Default Rate for 2008
- Exclusive job placement assistance
- Financial assistance available
- High entry level salaries

TIPT
Toronto Institute of Pharmaceutical Technology
Pioneering Professional Excellence & Certification
55 Town Centre Court - Suite 800 - Scarborough, Ontario M1P 4X4
"17 years of excellence in pharmaceutical science and technology"
CALL: (416) 296-1478 VISIT: WWW.TIPT.COM

An Education Without Compromise
Why settle for second best? Set yourself apart from the competition with an MBA from UCAN. Our experienced faculty will share their industry knowledge and help you complete your degree in as little as one year! Need more flexibility? Choose to complete your MBA online and set your own pace. No matter how hectic life gets, UCAN has an MBA program that's right for you.
Make UCAN degree programs work for you, no matter where you are in the world. Students can choose to study part-time, full-time, on-campus or online. Our numerous delivery options allow you to set the pace for your studies. Working full-time shouldn't stop you from pursuing post-secondary education - flexible course schedules at UCAN make it easy to do both! Small class sizes, combined with industry-influenced curriculums and world-class instruction, means you'll get the education you want, when you want it.
Choose from a number of undergraduate and post-graduate degrees, including BCom, BA and MBA programs. All degree programs are available at campuses in Vancouver, Victoria and Singapore, as well as being administered online. Weekly start dates make it simple to jump into life at UCAN.
Accessible, Affordable, Available 24/7.
Higher Education Within Reach.
1.877.431.6887 | Ucan.ca
University Canada West

HUMBER
The Business School

Certificates | Diplomas | Degrees | Postgraduate Certificates | Continuing Education

Be successful with a business diploma in

COSMETIC MANAGEMENT
ESTHETICIAN/SPA MANAGEMENT
or FASHION

Cosmetic Management 2-Year, Accelerated Diploma (12 months)
Study retailing, merchandising, marketing and sales to gain the skills you need in this expansive market. Graduate knowing current market trends in cosmetics, fragrances, beauty and skin care.

Esthetician/Spa Management 2-Year, Accelerated Diploma (12 months)
Learn the procedures and business aspects of spa management - including spa treatments and therapies, skin care, nutrition, retail buying and operations, sales and presentation strategies.

Fashion 2-Year Diploma Program
Be equipped in buying, production, marketing and management. Study apparel, accessories and the cosmetics industry. Students in this program have the option to move into Humber's Fashion Management degree program.

be more

business.humber.ca

Kids who snore

Three- to six-year-olds who snore are at risk for symptoms of depression, anxiety, and attention and language problems, say researchers. Knowing this may help parents identify their child's risk for emotional or academic problems. **BEST HEALTH MAGAZINE**

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Waxing and shaving ... fun?

Home wax strips and razors get gussied up

JANINE FALCON
For Metro Canada

Now that the home-waxing and razor industries have the technical side down with cold-wax strips, microwaveable wax, and multiple-blade shaving heads with built-in shave cream and gel bars, the next big concept in standard home hair removal is ... scented glitter wax? Fragranced razor handles? Well, yes.

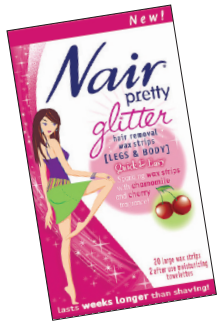
Scented hair-removal products aren't actually new. Sally Hansen has offered vanilla and lavender-fragranced depilatories since about 2005, BIC launched the Soleil Citron Shaver with citrus-scented handles in 2007, and countless shave creams are prettied up with fruity fragrance and conditioning ingredients. This year, razors from Gillette and wax strips from Nair joined the tease-the-senses ranks.

ISTOCK PHOTO

Make the mundane task of hair removal more girly with the various scented and glitter-adorned products now on the market.

Gillette's blade and razor claims technical leader Pam Zupkosky says the colourful, scent-infused elastomer handles on Gillette Venus Disposables Tropicals are "designed to make shaving more experiential." Translation: It's about making shaving less of a chore and more of a pleasant experience.

Nair's Pretty Glitter Hair Removal Wax Strips, amped up with the scent of chamomile and cherry or chamomile and apple, are coloured a corresponding red or green and blinged out with sparkles in the wax. "Glitter is all about aesthetics and making the product more fun and user-friendly for the first time user of waxing products," says Veronique Hamel, director of marketing for Nair.



Nair Pretty Glitter Hair Removal Wax Strips for legs, $8.99 per box of 20.

BIC Soleil Citron Shavers, $6.99 per 4-pack.

Gillette Venus Disposables Tropical razors, $9.99 per 3-pack.

The response? Ali de Bold, co-founder of social-media site ChickAdvisor.com, is a regular waxer but prefers unscented.

"My skin's fairly sensitive. I'd rather not have fragrance in my wax, especially since waxing already makes skin a bit more sensitive, at least temporarily."

But for others, making the mundane more girly is a bonus. "Hair removal is a task most of us don't enjoy," says Monica Sisson, a Toronto-based advertising entrepreneur. "Having a little scent would make it more enjoyable."

Sally Hansen Spa Wax Hair Removal Kit, $17.98.

Prairie Naturals
Healthy Aging with Prairie Naturals
10 Reasons Researchers Recommend Resveratrol & Enzymes for Healthy Aging

Resveratrol Rx
Premature Aging? Memory concerns?
10 Advantages to Increased Resveratrol Intake:
1. Resveratrol, a polyphenol found in red wine grapes and various other plants, is a natural antioxidant and anti-aging compound.
2. Animal studies showed that resveratrol extends life.
3. Improved vision is one of the effects researchers found with resveratrol.
4. Resveratrol's potent antioxidant activity helps prevent cellular damage.
5. Resveratrol provides protective support to the cardiovascular system.
6. Resveratrol is anti-inflammatory, antioxidant, and anti-infective.
7. Resveratrol showed anti influenza (flu) activity.
8. Resveratrol has a protective influence on the prostate gland.
9. Resveratrol stimulates anti-aging enzymes.
10. Resveratrol protects nerves and brain function.

PURELY VEGAN
PURE MENT VÉGÉTALIEN
Prairie Naturals
Resveratrol Rx
60 V-Capsules

Enzyme-Force
Indigestion? Constipation? Bloating?
10 Advantages to Increased Enzyme Intake:
1. Most people have a low dietary intake of food enzymes.
2. After the age of 50, our bodies produce fewer enzymes.
3. Digestive enzymes are key to proper food digestion and utilization of nutrients.
4. Physical vitality and stamina are dependent on enzymes.
5. Enzymes promote speedy recovery from illness, injury and exertion.
6. Plant-based enzymes help reduce stiffness and soreness.
7. Respiratory tract infections improve with enzymes.
8. Digestive problems such as gluten intolerance are relieved with plant enzymes.
9. Only full-spectrum enzymes work to break down all food groups.
10. Increased fibre intake requires a special enzyme to help digestion.

PURELY VEGAN
PURE MENT VÉGÉTALIEN
Prairie Naturals
ENZYME-FORCE
120 V-Capsules

No animal products or by-products. Encapsulated in vegetarian capsules.
For more information call 1 800 931-4247
or visit www.PrairieNaturals.ca for a retailer in your area.
Prairie Naturals

4 Tips to keep mosquitoes at bay

David Mizejewski, naturalist at National Wildlife Federation, provides his top tips to avoid summertime swarms:

- Water: Remove unnecessary standing water around your home. Typical hot-beds for mosquito reproduction are clogged gutters, flower-pot drainage dishes, children's play equipment and tarps.
- Birthbaths: Empty and refill birdbaths every few days. It takes a minimum of about a week for the metamorphosis from egg to larva to pupa to winged adult to be completed, so this eliminates any chance that your birdbath will serve as a mosquito nursery.
- Mosquito predators: Attract mosquito predators. Add plants to water gardens to attract frogs, salamanders and dragonflies and put up houses for birds and bats.
- Fans: Mosquitoes are not strong flyers and the breeze created by a fan is often all you need to keep a patio or deck mosquito-free.

METRO NEWS SERVICES

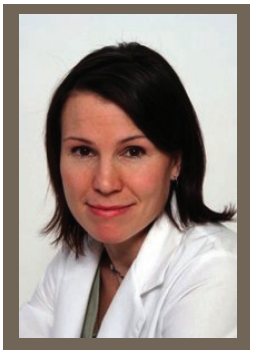
Say Goodbye to SCIATICA and Back Pain

Australian Bowen technique has a proven track record in resolving even chronic cases - now in Toronto.

Start feeling better TODAY!

416-628-6290

www.letitheal.com



Amber Korobkina
Advanced Bowen Practitioner / Instructor

Burlington Clinic
2025 Guelph Line,
Burlington, Ontario
905-335-9355

St. Catharines Clinic
156 St. Paul Crescent,
St. Catharines, Ontario
905-688-4325

Kitchener Clinic
1375 Weber Street East,
Kitchener, Ontario
519-748-3300

Toronto Clinic
161 Eglinton Ave., Suite 200
Toronto, Ontario
416-628-6290

Who says being dirty... isn't good for you?

Grand Opening Special

Bring a friend 2 for 1 deal

Book your appointment today

416-628-6290

Let it Heal Toronto Clinic
161 Eglinton Ave. E Suite 200
www.letitheal.com

Ionspa Detox Footbath

An ideal treatment for arthritis, migraines, sleeping problems, skin complaints, joint pain, water retention, blood pressure disorders and more. Safe for children and adults!

And it only takes 30 minutes!

Before

After 30 minutes

Book Yours Today!

In this case, the dirtier the better!

** expiry date of August 15/09 **

AquaMed HydroMassage Bed NOW HERE!

You won't believe how good it feels!

Yours to enjoy at our Toronto Clinic!

FREE TREATMENT ON US!

Let it Heal Toronto Clinic - 161 Eglinton Avenue E. Suite 200 416-628-6290 www.letitheal.com

Triathlons 101

If you like the idea of attempting a triathlon, but don't know how to train for one, you can download training logs at begin nertriathlete.com to chart your progress and follow training programs according to your fitness level. BEST HEALTH MAGAZINE

Banning teens from tan beds

What our governments can do to shield young people from harmful radiation

The younger someone gets a first suntan or burn, the greater the risk of developing skin cancer later in life.

So we slather sunscreen on our toddlers to limit their exposure to the sun's ultraviolet radiation (UVR). Yet, too often, our teens are soaking up the hazardous UVR from tanning beds.

UVR — whether from the sun or tanning lamps — damages the skin's DNA, which can cause genetic mutations that might lead to skin cancer. The deadliest form, melanoma, is the second most common cancer among Canadians age 15 to 34. And the numbers are going up.

"You can't blame only tanning beds for rising rates of skin cancer," says Loraine Marrett, an epidemiologist and senior scientist at Cancer Care Ontario. "But they add to the risk." So much of a person's skin is exposed on a tanning bed — and machines emit five times the UVR of the midday sun.

A survey by the Canadian Cancer Society (CCS) found that an alarming 27 per cent of females and eight per cent of males age 16 to 24 used tanning equipment in 2006. Using tanning beds before age 35 can increase a person's risk of melanoma by an incredible 75 per cent, according to a review of studies on UVR exposure from artificial sources published in the International Journal of Cancer in 2007. If we apply this percentage to numbers from a 2007 CCS survey that showed 50,000 Ontario youth under 18 had used tanning equipment, it means that up to 37,500 teens are in danger of developing skin cancer later in life. And that's just one province.

"The issue here is safety," says Dr. David McLean, head of prevention programs at the BC Cancer Agency, a professor of dermatology at the University of British Columbia and a strong advocate for a ban on tanning beds for teens. "At age 18, or 19 in some jurisdictions, one is legally assumed to make rational decisions as an adult. Until then, society protects young people from making the wrong choices: We don't let them smoke cigarettes or drink alcohol legally. Why do we permit them to use tanning salons, a known cancer risk?"

Despite the dangers, the number of tanning salons has risen by five per cent each year for the past five years, according to Steve Gilroy, executive director of the Kelowna, B.C.-based Joint Canadian Tanning Association (JCTA).

Fabutan, a Calgary-based operator of 150 tanning bed franchises across Canada, put an educational brochure and consent program in place about two and a half years ago.

"Anecdotally, we haven't seen a drop in teen tanning, so I would say it's probably a comfort for parents to be involved in the decision-making process," says president Doug McNabb.

Health Canada has voluntary "Guidelines for Tanning Salon Owners, Operators and Users," which — among other recommendations — suggest that operators not allow youth under the age of 16 to tan. But a 2007 survey by the Ontario division of the CCS found that 60 per cent of tanning facilities did not ask the age of young tanners.

McLean argues that parental consent forms and voluntary guidelines are not working, so we need legislated rules.

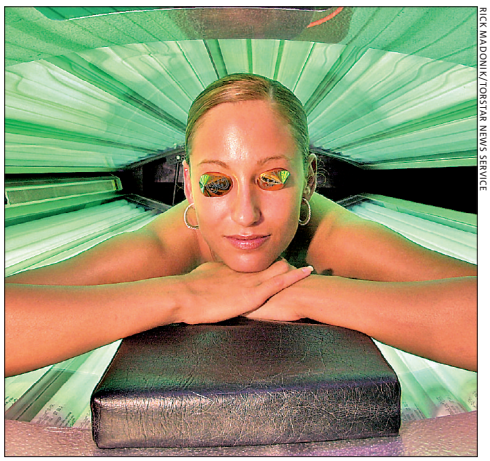
Indeed, in 2003 the World Health Organization called for countries to impose a ban on youth under 18 using artificial tanning beds. Scotland, France and a handful of Australian and American states have put bans in place.

Yet the only Canadian jurisdiction with similar restrictions is New Brunswick; in 1992, it banned those under 18 from using tanning beds.

Given the clear-cut evidence of risk and the progressive stance against artificial tanning taken by other countries, why aren't all Canadian provinces working on bans for those under 18? And without such a ban, what are concerned parents to do?

One thing they can do is set a good example by avoiding tanning salons and discouraging teens from valuing a sun-bronzed look. If that doesn't work, McLean recommends self-tanning lotions or sprays.

LESLEY YOUNG/ BEST HEALTH MAGAZINE



RICK MADONIK/TORSTAR NEWS SERVICE

Using tanning beds before age 35 can increase a person's risk of melanoma by an incredible 75 per cent, according to a review of studies on UVR exposure

What you can do

- Talk to your teen about the cancer risk and aging concerns. If youth understood the dramatic aging effects of UVR exposure, they would be horrified, says McLean. "Among dermatologists, we call it the 'Miami Beach Syndrome,' where 30-year-olds have the skin of 80-year-olds."
- Make sure tanning promotions aren't making it into your kids' schools. Talk to the principal, or the local school board, to check that a policy is currently in place.
- Keep a supply of high-SPF sunscreen on hand—it can be expensive and a low priority for teens. Buy "broad spectrum," which means it protects against the sun's UVA and UVB rays.

LESLEY YOUNG/ BEST HEALTH MAGAZINE

What kind of eater are you?

- **Emotional:** Will finish a bar of chocolate when they are upset or sad as they think this will bring them comfort. If they feel nourished by something other than food, they will lose the need for this emotive connection.
- **Addictive:** Once they have a peanut, they can't stop and need another. They are easily cured once they identify their "trigger" foods.
- **Ignorant:** Are overweight and don't know why as they are careful in terms of what they eat. However, they swear by diet and low calorie products and think potatoes are the healthy vegetables. They need to learn which foods are ok and which are not.
- **Habitual:** Will eat whatever is on the table in front of them, good or bad. Their bad habits (junk food, lack of exercise) must be changed into good ones (healthy snacks, daily work out).
- **Angry:** Will want crunchy, chewy food as chewing helps release the relaxators in the jaw. These eaters must find another way of expressing their anger than swallowing food.

ROMINA MCGUINNESS/ METRO WORLD NEWS

In brief

NEW TOOL You can use a handheld device to literally see inside your body. Breastlight helps familiarize women with their breasts and detect changes. (It's not intended to replace medical screening.) In a dark room, holding the tool to your breast allows you to see through it and look for any dark areas. See your doctor if you notice anything unusual. Starting in summer, it'll be at Rexall and Rexall Pharma Plus. ($150). BEST HEALTH MAGAZINE

besthealthmag.ca
Best Health is now on newsstands. For more Best Health, visit besthealthmag.ca

Why spend more?
GET THE BEST RATES IN TORONTO!
Laser Hair Removal
Full Leg $125 Back/Chest $150
Full Arms $75 Bikini $50
Face $50 Underarms $30
Whole Body $300
Anti Aging Services
Photofacial $150
Skin Tightening $250
Skin Resurfacing $300
Spider Veins (also being done)
Green Peel
ASK ABOUT OUR INCREDIBLE MEMBERSHIP OFFERS!
We are on facebook!
Pigmented Lesions • Permanent Hair Reduction • Rosacea
FK Laser & Anti Aging
Call: 416.432.9134 or 416.730.8035 | www.fklaser.com
147 Finch Ave. W BRING THIS AD WITH YOU AND RECEIVE A SPECIAL OFFER!
Summer deals available

LOSE WEIGHT
REFORM YOUR BODY
• 10+lbs or 6+inches/15 Sessions •
Using Acupuncture & Massage Only
Effective Miraculous Unique
1. Assigned parts of the body can be reformed eg; contraction of the abdomen or jaw.
2. It's not "the hunger-cure." No anorexia, diarrhea or asthenia. No change in diet!
3. Effective, quick, long term results. No relapse.
4. Plans for different cases tailored especially for you.
Fine therapies also available for relieving various pain, strain and aches: shoulder neck or waist pain, backache, chronic strain, muscle stiffness or numbness, computer hand, mouse elbow, repetitive tension damage etc.
Medical Insurance Accepted
Tel: 647.347.5591/647.348.0882 • Email: goodbodyca@gmail.com
360 Bloor St.W., Suite 412
@ Spadina Ave. (Spadina Subway Stn) Mon. - Sat. 10 am - 7 pm

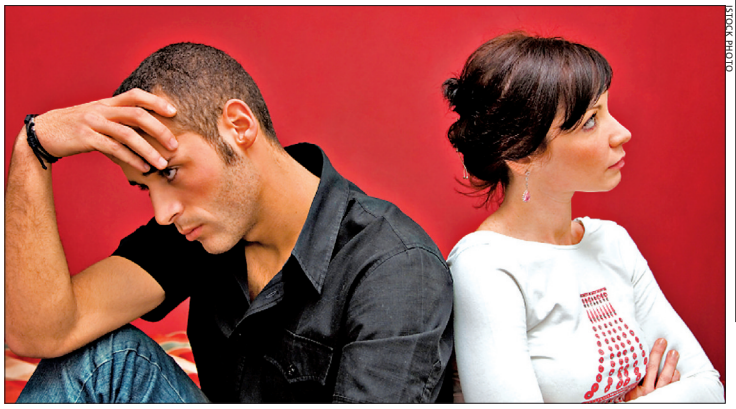
LASIK MD VISION
LASIK Now. Take Until 2014 to Pay!
LASER VISION CORRECTION
Starting at
$490 /eye*
TAX LASIK is Tax-Free
NEW FINANCING
2014
TAKE 5 YEARS TO PAY!†
Dr. Avi Wallerstein MD, FRCSC 50 000 procedures
Dr. Mark Cohen MD, FRCSC 50 000 procedures
FREE Consultation: 1-877-316-4040
www.lasikmd.com
Now Open in VAUGHAN
Accord D Desjardins
* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only. † 60 month financing, starting at 8.9% interest, and subject to Desjardins Card Services credit approval.
Ottawa | Kingston | North York | Downtown Toronto | Mississauga | Hamilton | Waterloo | London

Let the pampering begin
Famed pampering chain U.S. Bath & Body Works recently opened a store in Toronto Eaton Centre. Find everything you need from head to toe, including home spa essentials, soap, body lotions and tons of gift ideas. METRO NEWS SERVICES

Communication breakdown

Marital withdrawal symptoms can lead to depression: Study

The J Spot


iSTOCK PHOTO
According to a new study, both men and women can be equally lousy communicators.

You want to talk about it. He would rather stick a hot poker in his eye. You keep prodding. He leaves the room.

According to a new study in the June 2009 edition of the journal Personal Relationships, this kind of "demand-withdraw" communication is depressing, literally.

In relationships where a pattern develops when one spouse wants to continue discussing a marital disagreement even after the other spouse has tried to end the discussion by say, changing the topic or leaving the room (usually with the other spouse not far behind, still yakking), the study found increased levels of depressive symptoms (increased sadness, fatigue, poor sleeping and eating behaviours).

Interestingly, however, contrary to the stereotype (one I've in fact perpetuated with the above example), it's not always the woman pursuing and the man distancing.

According to the study's findings, when it comes to "demand-withdraw" communication within their relationship, husbands and wives both reported that they and their spouse took on the "demander role" and "withdrawer role" equally.

In other words, both men and women can be equally lousy communicators.

Given the impact this kind of communication clearly has upon one's mental health, it's in any couple's interest to invest some time in improving their communication style. "When relationship communication is better, we and our partners show fewer symptoms of depression," concluded the authors of the study, based out of the University of Wisconsin-Madison and the University of Notre Dame.

One of the best exercises I've ever encountered to help couples improve their communication is something called "mirroring." It's a bit like that telephone game you played at birthday parties as a kid. One partner says something to the other, and the other repeats it back and then asks if they got it right. If he or she didn't, the first partner clarifies what they said, and you repeat the exercise until the first partner is satisfied that the second partner has clearly understood.

In this way, instead of pushing each other's buttons, you're both listening and feeling heard — in other words, communicating.

It might sound tedious and artificial, but if you practice this a few times a week for several months, you'll be surprised how effective it can be in changing unhealthy communication patterns.

That is, if you can keep your partner in the room long enough to try it.

Online dating ... for your pet! Read more in Josey's Sexcetera blog: metronews.ca/blog

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Viagra for the thighs?

Crotian scientists say Viagra may have qualities in it that can help reduce cellulite.

BEAUTY Guess what Viagra might be used for next? Reducing cellulite!

Scientists in Croatia have proposed that the drug sildenafil — famous for helping men with erectile dysfunction achieve erection — could be an effective ingredient in anti-cellulite cream.

Viagra is thought to have two qualities that may help reduce cellulite: It breaks down fat (at least in test tubes) and it boosts blood flow. So Karmela Altabas and colleagues from the Sisters of Charity University Hospital in Zagreb believe that a moisturizer containing the drug could dissolve cellulite and then whisk it away.

Altabas hopes a pharmaceutical company will take up this idea and test it.

CELIA MILNE/
FOR METRO CANADA

35% OFF FIRST LOAN WITH AD
BORROW UP TO $1000.00 UNTIL PAYDAY
INSTANT APPROVAL By Phone/Fax/Email
LOWEST COST PAYDAY LOANS IN THE GTA
416-636-6333 or www.paydayanyday.com
PAYDAY LENDERS NOW ANY DAY CAN BE YOUR PAY DAY! 3121 Dufferin Street

Now accepting new patients
Emergencies Welcome
Dr. Pil Son
66 Wellington St. W
TD Centre, Bank Tower
416.363.2125
PIL SON DENTAL CENTRE
www.pilsondental.com

DO YOU THINK YOU HAVE GUM DISEASE? HAVE YOU BEEN AVOIDING TREATMENT?
If you answered YES to both questions, you may be eligible for a new study at the University of Toronto.
The Faculty of Dentistry is sponsoring a pilot study to look at the effects of a light-activated medication in the treatment of your gum disease. Only one screening appointment and one treatment appointment are required.
ELIGIBLE candidates will receive financial compensation for their time and participation.
If you are interested in this study, please call 416.979.4928 extension 4502 to arrange a free screening/examination appointment to determine if you're eligible for this study.

MintoSuiteHotel
OTTAWA
from $109 per night*
Luxurious Spaces
Fully Equipped Kitchens
The Magic of Ottawa
beinspired by your capital
The National Gallery, established in 1880, has been housed in a stunning glass and granite building near Parliament Hill since 1988.
CAA Four Diamond Award AAA
Ottawa's Only Four Diamond All-Suite Hotel
* Rates may vary. Subject to availability. Taxes not included.
MintoSuiteHotel.com 1-866-323-1213

UNIHEALTH GROUP
Established 1995
Downtown Toronto
208-1033 Bay St.
(Bay & St. Joseph)
416.920.3232
OPEN MON — SAT
tor@unihealth.ca
Etobicoke
14 Burnhamthrope Rd.
(Burnhamthrope & Dundas West)
416.236.7288
OPEN TUE — SUN
etb@unihealth.ca
North York
206-170 The Donway W
416.391.5822
OPEN MON — SAT
nyk@unihealth.ca
MASSAGE or ACUPUNCTURE
INTRO OFFER
Pain Relief • Deep Tissue Therapy • Stress Release
$20 One Hour Massage OR One Acupuncture session
First time visitors only. GST not included. Offers expires August 10, 2009. $20 Massage/Acupuncture Promo not applicable to Registered Massage Therapy.
Registered Massage Therapy
Extended Health Plans Accepted
Call for introductory price for RMT
YOGA
Unlimited Yoga $60/mo.
2 For 1* $10 First Class Trial; the Second Class FREE.
* Regular Drop-in Yoga Class $15. GST not included. Certified Yoga Teachers.
NOW INTRODUCING
ACUYOGA
THERAPEUTIC YOGA
Classes for Low Back Pain
Call for details
www.unihealth.ca Vancouver . Calgary . Toronto info@unihealth.ca

Teens smoking influences
There's twice the chance that teens and young adults will become smokers if they watched a high number of movies in early adolescence with characters smoking, according to a study in Pediatrics. BEST HEALTH MAGAZINE

Health in brief

STOMACH STAPLING Women who have their stomachs stapled not only lose weight, they also may reduce their cancer risk by up to 40 per cent, new research says. In a study of more than 2,000 fat people who had surgery to reduce the size of their stomachs, Swedish researchers found women who had the procedure were less likely to get cancer than those who did not. However, the surgery didn't have the same effect in men; there was virtually no difference in the cancer rates in men who had the surgery and those who did not. A previous study has shown that stomach stapling surgery can prolong the lives of men and women by up to 10 years compared to those who don't have it. THE ASSOCIATED PRESS

Creating Beautiful Hair
Prairie Naturals ... Naturally

Prairie Naturals award-winning hair care products are formulated with natural ingredients to give you beautiful, healthy looking hair without the questionable additives.
Prairie Naturals hair care products do **NOT** contain:

- Parabens
- Sulfates
- DEA, MEA & TEA
- Propylene Glycol
- Petroleum Jelly
- Petrolatum
- Soft Paraffin
- Mineral Oil
- Phthalates
- Synthetic Colours
- Artificial Fragrances

Hair-Force

- Promotes beautiful, healthy hair and skin
- Minimizes hair loss and thinning
- Enhances hair lustre and shine
- Rich source of B vitamins and biotin

Available at Fine Health & Nutrition Stores in your Neighborhood
Call us Toll Free at 1 800 931-4247 www.PrairieNaturals.ca

Don't sweat it

Tips and procedures to combat perspiration

CELIA MILNE
For Metro Canada

ISTOCK PHOTO
Avoid excessive sweating this summer by staying hydrated and wearing cotton or linen fabrics.

Can't stop sweating? We asked Mississauga dermatologist Dr. Karen O'Neill for five tips to stay cool and dry this summer.

If you try these and are still sweating buckets, you might have a condition known as hyperhidrosis — or excessive sweating. It's estimated that as many as 910,000 Canadians may have this disorder, and it's certainly no fun at a meeting.

There are treatments available for hyperhidrosis, including Botox for underarms, low-intensity electric current, antiperspirant treatments (even for hands, feet and groin!), or surgery to cut the nerve that causes the abnormal sweating.

Here are O'Neill's tips to reduce sweat.

Stay hydrated and avoid "sweaty" foods — Keep a water bottle on you at all times and drink it throughout the day. Avoid sweat-inducing foods such as spicy foods, caffeinated beverages and alcohol.

Protect yourself from the sun — Wear sunscreen and sit in shady areas or wear a hat. If you're looking for a glistening glow, try a bronzer or self-tanner.

Talk to a dermatologist — For excessive sweating, speak to a dermatologist or visit sweatmanagement.ca.

Wear breathable fabrics — Choose cotton or linen and avoid nylon and polyester.

Sweat it out — Believe it or not, exercise makes it easier for you to stay cool because it improves your circulation. Also, excess fat in your body can act as insulation, making it more difficult to maintain your internal temperature.

POST-MENOPAUSAL
WOMEN NEEDED

PHARMA MEDICA
RESEARCH INC.

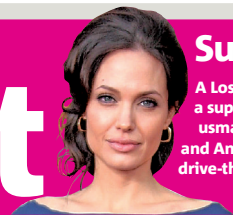
STUDY 2009-2140 G2
STARTING AUGUST 22
4 SESSIONS
COMPENSATION UP TO $3150

We are looking for healthy volunteers to participate in research studies
416.759.5554
pharmamedica.com

Bloom to skip future Pirates movies

Orlando Bloom is bowing out of any future Pirates of the Caribbean sequels to spend more time with his girlfriend, Victoria's Secret model Miranda Kerr. "Orlando loved the films but thinks it's time to bow out," a source tells News of the World. METRO NEWS SERVICES

Entertainment



Supersize celebs

A Los Angeles McDonald's received a supersize celeb visit on Sunday, usmagazine.com reports. Brad Pitt and Angelina Jolie pulled through the drive-thru to order food for their kids. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

The best of Incubus

Monuments And Melodies a collection of hits and rarities

KEITH CARMAN
for Metro Canada

Controversy sells. With many bands lacking musical integrity these days, that's the principle thrust behind pushing albums off of store shelves. The more spotlight you can bring to a musician's personal life or public misdemeanours, the more cash it generates for label pockets.

Occasionally though, some bands still sell music based on merit. Such is the case with Calabasas, Calif.-based alternative rockers Incubus. Spreading their metal/modestly hip-hop-influenced attack for almost 20 years, the band comprised of vocalist/guitarist Brandon Boyd, guitarist Mike Einziger, drummer Jose Pasillas II, bassist Ben Kenney and turntables/sampler Chris Kilmore are hot for their sounds, not their sensationalism.

Case in point: Latest effort, the double-disc package Monuments And Melodies (Epic) entered the world at No. 5 on the Billboard 200 chart. And when was the last time you heard about a fracas in the Incubus camp?

Well, you haven't. Initially calling a temporary hiatus on the band in 2008 to explore personal ventures, less than a year later, the outfit is already back with a greatest hits affair. After 20 years, most bands are itching to get away from each other. For Incubus though, they were going nuts without one another.

"A year for us is almost too much," Boyd admits of the downtime. "We missed each other. We're individuals but we've been so close over 18 years, to take a year away feels like four. This is why we're here on Earth — to make music. We can take breaks, but we can't stay away for long."

Getting the wheels rolling, the band jumped into forging Monuments And Melodies, a means of respecting obligations to their label/artist relationship, but also to shake off the stagnancy of their creative juices while gearing up to work on a seventh full-length due in 2010.

Incubus in concert

- Incubus plays The Molson Amphitheatre on Thursday.

Aspiring to escape typical greatest hits trappings — simply pilfering from previously released material — Incubus worked diligently to create something different, resulting in two discs, one featuring the band's 13 most popular tunes and a second, more introspective effort compiling rarities, B-sides, soundtrack cuts, alternate song versions, three previously unreleased songs and a cover Prince's Let's Go Crazy.

"We knew what was going on the record," notes Boyd. "The hard part was deciding if it was the right time to do it and if so, how were we going to do it? Our audience is web-savvy and have created their own playlists a long time ago. It's beyond redundant to put out a greatest hits record that it's almost comical for a band to turn in a sequenced album of songs that everyone already has in this day and age. That's just repackaging the bread and selling it again. We wanted it to be worth peoples' time to get out there and steal it."

SONY MUSIC PHOTO

Monuments And Melodies, a two-disc compilation album by alt-rocker act Incubus, was released last month.

FLIGHT CENTRE® Unbeatable

Airfares

MADRID $399
Travel Sep 7 - Sep 15/ts + taxes & fees $296

Ottawa $158
Travel Aug 25 - Sep 1/ac + taxes & fees $85

New York $194
Travel Aug 13 - Aug 20/pd + taxes & fees $120

Frankfurt $199
Travel Sep 21 - Oct 1/ts + taxes & fees $326

London $249
Travel Sep 6 - Sep 17/ts + taxes & fees $387

Paris $295
Travel Sep 14 - Sep 20, 23/ts + taxes & fees $342

Turks & Caicos $298
Travel Nov 18 - Dec 2/ws + taxes & fees $108

Vancouver $298
Travel Aug 24 - Aug 31/ac + taxes & fees $115

Costa Rica $399
Travel Aug 8, 15, 22, 29 - Aug 15, 22, 29, Sep 5/ac + taxes & fees $206

Buenos Aires $499
Travel Oct 13 - Oct 28/ac + taxes & fees $222

Tokyo $549
Travel Sep 9 - Sep 23/ac + taxes & fees $238

Dubai $699
Travel Oct 13 - Oct 28/ua + taxes & fees $426

Holidays

NEW BRUNSWICK BAY OF FUNDY $369
Rossmount Inn taxes & fees included
INCLUDES 2 nights 3-star accom minutes from the historic town of St. Andrews, 2-day car rental with unlimited mileage and marine wildlife & whale watching tour. Departs Fridays Aug - Sept/ggv. SAVE $10◊ when you book Air Canada airfare.

Mayan Riviera $564
Occidental Grand Xcaret + taxes & fees $290
INCLUDES roundtrip airfare, transfers and 7 nights 4.5-star all-inclusive accom. Departs Sep 6/acv/ac.

Punta Cana $572
Occidental Grand Punta Cana + taxes & fees $315
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Sep 11/acv/ac.

Buenos Aires $779
Grand King + taxes & fees $250
INCLUDES roundtrip airfare and 7 nights 4-star accom located in the heart of Buenos Aires. Departs Oct 26/ggv/ac. ADD Tango show, dinner and dance lessons from $106.

Paris 6 Nights $994
Hotel Cervantes Paris + taxes & fees $339
INCLUDES roundtrip airfare and 6 nights 3-star central accom with breakfast. Departs Aug 24/acv/ac.

USA Holidays

NEW YORK 4-STAR $399
Wyndham Garden Hotel Midtown + taxes & fees $116
INCLUDES roundtrip airfare and 2 nights 4-star accom located in midt own Manhattan steps away from Broadway. Depart Aug 7/ggv/aa.

Las Vegas 4-Star $345
Flamingo Las Vegas + taxes & fees $230
INCLUDES roundtrip airfare and 4 nights 4-star accom on the Las Vegas Strip. UPGRADE to 5-star accom at MGM Grand from $15 per night. Departs Oct 5/swg/wg.

Atlantic City 4-Star $619
Caesars Atlantic City + taxes & fees $160
INCLUDES roundtrip airfare and 3 nights 4-star accom steps away from the beach and Boardwalk. Departs Nov 7/wsv/ws.

Family Holiday

ORLANDO FAMILY SPECIAL $259*
Best Western Lakeside + taxes & fees $253
INCLUDES roundtrip airfare, car rental and 7 nights 3.5-star accom located minutes from *Walt Disney World* Resort. Departs Aug 18/nol/c6.

Cruise Holidays

GREECE CRUISE & STAY $1147
M/V Aquamarine & Kanigos Inn (Athens) + taxes & fees $441
INCLUDES roundtrip airfare to Athens, transfers, 4-night Greek Island & Turkey cruise including onboard meals & entertainment and visiting Mykonos, Kusadasi (Turkey), Patmos, Rhodes, Crete & Santorini and 3 nights 3-star accom in Athens with breakfast. Travel Sep 20 - Sep 28/vat/ts. BONUS Athens & the Acropolis tour included.

Canada & New England $675
Norwegian Spirit + taxes & fees $115
INCLUDES 7-day Norwegian cruise, onboard meals & entertainment. Sail from Boston to Quebec City and visit Bar Harbor, Saint John (Bay Of Fundy), Halifax, Sydney and La Baie. Port charges included. Sails Oct 9.

Hawaiian Islands $785
Pride of America + taxes & fees $76
INCLUDES 7-day Norwegian cruise, onboard meals & entertainment. Sail roundtrip from Honolulu and visit Maui, Hilo, Kona and Kauai. Port charges included. Sails Dec 12.

PERFECT HOLIDAY PROMISE
Enjoy your holiday or we'll give you $100 towards another one!

1 866 485 7092 | flightcentre.ca

*Conditions apply. Ex:Toronto. Air only prices are per person for return travel unless otherwise stated. Package, cruise, rail & hotel prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. ◊Valid on new bookings only made in-store with Flight Centre on Air Canada roundtrip domestic airfare when purchased by July 31, 2009. *Family holiday is based on 2 adults and 2 children 17 years and under travelling together. vat/ts=transat, acv/ac=air canada, pd=porter, wsv/ws=westjet, ua=united, ggv=gogo, aa=american, swg/wg=sunwing, nol=nolitours. † The Perfect Holiday Promise applies to bookings made at Flight Centre shops within Canada. A $100 voucher for future travel will be provided to customers who experience an unwanted deviation from their paid itinerary. For full details visit www.flightcentre.ca or speak to a Flight Centre consultant. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384*

TICO

Timberlake tees off

Justin Timberlake was the first to play a round at his Mirimichi golf course near Memphis, Tenn., after he spent $16 million US to make it more eco-friendly. The Memphis native got the idea to buy the course from his dad in 2007. THE ASSOCIATED PRESS

NATHAN DENETTE/THE CANADIAN PRESS

Jillian Harris, the star of The Bachelorette, hails from Peace River, Alta., and is now based in Vancouver.

B.C. Bachelorette chooses Ed

Third-place finisher Reid makes a surprise appearance

Jillian Harris, the first-ever Canadian star of The Bachelorette, has given her heart to the sensitive technology consultant Ed Swiderski following a tear-filled finale to the reality dating series.

The bubbly brunette chose the dark-haired suitor from Chicago over the charming Kiptyn Locke from Encinitas, Calif., after a final compatibility test that involved introducing the two men to Harris' parents in Hawaii and a last-ditch plea from a previously dumped contender.

In choosing the 29-year-old Swiderski, Harris bid farewell to the 31-year-old Locke, a business developer that Harris said charmed her from the moment he arrived on the show as the first of 30 bachelors to greet her on the first episode.

Her decision came after a surprise appearance from third-placed finisher Reid Rosenthal, a 30-year-old realtor from Philadelphia who was dumped in the previous episode. Extending an engagement ring towards Harris, a contrite Rosenthal declared his love and asked for a second chance.

But it was Swiderski that the 29-year-old Harris settled on, with the assured restaurant designer, clad in a strapless white wedding dress, stating she was 110 per cent sure he was the man for her.

Harris, a Vancouver resident, and Swiderski were to discuss their future in a TV special entitled, After The Final Rose, today on Citytv. Recent series have typically concluded with a commitment to pursue a relationship off-camera.

THE CANADIAN PRESS

If international calling weren't so expensive

Who would you call?

Great rates to over 200 countries

Afghanistan	30¢	Italy	2¢
Austria	2¢	Jamaica	9¢
Baghdad	5¢	Japan	4¢
Bangladesh	5¢	Lebanon	12¢
Bogotá	3¢	Moscow	2¢
Bucharest	10¢	Netherlands	2¢
Canada	1¢	Pakistan	11¢
China	2¢	Philippines	13¢
Croatia	12¢	Poland	2¢
Czech Rep.	2¢	Portugal	2¢
Denmark	2¢	S. Africa	10¢
Egypt	15¢	S. Korea	2¢
France	2¢	Spain	2¢
Germany	2¢	Sri Lanka	16¢
Greece	2¢	Sweden	2¢
Hong Kong	2¢	Switzerland	2¢
Hungary	2¢	Trinidad	13¢
India	5¢	Turkey	4¢
Iran	11¢	Ukraine	13¢
Ireland	2¢	U.K.	2¢
Israel	2¢	U.S.	1¢

View all rates at www.PennyTalk.ca

as low as 2¢ worldwide

You can afford to make international calls to family and friends whenever you want with PennyTalk® from IDT. Call around the world for as low as 2¢ a minute from any phone – even your mobile phone. Call anywhere in Canada and the U.S. for only 1¢ a minute!

PennyTalk offers great low rates to over 200 countries and works with the phone service you already have. With PennyTalk, any reason is a good reason to call overseas!

PennyTalk gives you more than an ordinary calling card:

- Prepaid and rechargeable
- Minutes don't expire
- Call from home or mobile phone
- Toll-free live customer support
- Low 49¢ connection fee
- *Satisfaction guaranteed!*

Start Saving on Calls Today!

1-800-279-3424

www.PennyTalk.ca

IDT Call the world. Call now.

Satisfaction guaranteed or we will refund your remaining account balance. Advertised rates apply to calls made to land lines from Canada or the U.S. Rates valid for at least 6 months. Calls made to international mobile phones may incur higher rates. 49¢ connection fee charged at the time each call connects. 99¢ monthly service charge. 90¢ surcharges applies for each call made from a payphone. Mobile surcharges may apply to calls made from mobile phones depending on your service plan – consult your service provider. $25 minimum purchase required with credit card. Rates (after 6 months) and fees subject to change without notice. Check www.pennytalk.ca for current rates and terms of use. Service provided by IDT. ©2009 IDT Corporation. All rights reserved.

BRUCE GILBERT/THE ASSOCIATED PRESS

Green Day, from left, Mike Dirnt, Billie Joe Armstrong and Tre Cool pose at the Mercer Hotel in New York.

Green Day keeps the concept album alive

MUSIC In an era when downloaded singles far outpace the sales of complete CDs, putting out a concept album seems a quaint, if not futile, way to present new music.

If any act can restore the lustre of the complete album, it may be Green Day: Their 21st Century Breakdown, released this spring, continues in the tradition of the band's Grammy-winning American Idiot album, with key characters, political themes and compelling story that is told track by track, with elaborate artwork to further illustrate its themes.

"There are three different acts to this record," says bassist Mike Dirnt, speaking in a cellar of a hotel "There's a lot of content. We almost treated it like a vinyl record, therefore giving more for people to hold on to and call their own."

Frontman Billie Joe Armstrong compares the process to writing a novel.

"You try to come up with more creative ways that the songs relate to each other, and they sync back into each other," says Armstrong, the band's chief vocalist, guitarist and lyricist. "That makes a listener want to go back and investigate an album."

Plenty of fans have initiated at least a first probe of the album: It's sold over 700,000 copies since its May release, and thousands get an in-depth examination nightly with the band's current nationwide tour.

The group's last CD, 2004's American Idiot, not only sold millions of records, it also won the group two Grammy Awards, including Record of the Year honours in 2006 for the brooding song Boulevard of Broken Dreams. A critical triumph, the album, one of the first major musical statements critical of the Iraq war and the presidency of George W. Bush, was a departure for the punk-rock band, which got their start with their irreverent 1994 debut, Dookie.

American Idiot expressed the frustrations of many by painting a nuanced picture of modern-day suburbia, told through the eyes of characters so rich that it's being developed into a musical to debut in the San Francisco area in October.

"I thought American Idiot had a lot in common with something like Rocky Horror Picture Show," Armstrong says. "It would great to see a film made out of it someday too."

THE ASSOCIATED PRESS

Showing support for Sierra Leonean youth
Canadian Journalists for Free Expression is hosting an evening featuring journalists and members of Toronto's Sierra Leonean community to raise funds for Pikin News — a newspaper by Sierra Leonean youth. The events takes place Wednesday at Lula Lounge, 1585 Dundas St. West, at 8 p.m. METRO NEWS SERVICES

DVD picks

Fast & Furious
Director: Justin Lin

IT'S VAROOM DÉJÀ VU for Vin Diesel and the gang, reunited for the implausible fourth in a series of gas-guzzling motor movies.

Diesel, Paul Walker, Michelle Rodriguez and Jordana Brewster spin their wheels to a maddening degree. After turning us all into street-racing freaks with The Fast and The Furious in 2001, the perpetrators of this guilty pleasure have steadily devolved the franchise into macho stunts and plots that are running on empty.

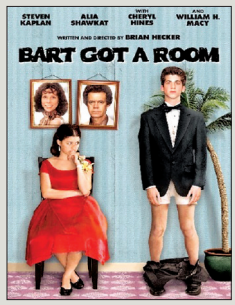
Director Justin Lin and screenwriter Chris Morgan, who last teamed for The Fast and the Furious: Tokyo Drift, waste precious momentum on reconnecting Diesel's Dom and his tough-chick girlfriend Letty (Rodriguez) with rogue FBI guy Brian (Walker) and his jilted gal Mia (Brewster).

Add to this a ho-hum tale of drug smuggling and heartbreak payback, and you could probably play a few games of Grand Theft Auto while waiting for it all to get into gear.

Gamers are indeed the target audience this time out: The hot rods take a back seat to GPS units and computer simulations.

When the rubber actually hits the road, shots are so CGI heavy and the editing so choppy as to render the results both ludicrous and incomprehensible.

Bart Got a Room
Director: Brian Hecker



A CHARMING coming-of-ager about the "prama" — that's prom plus drama — of finding a date for the annual high school right of passage.

Florida teen Danny (Steven Kaplan) is determined to attend his school's prom even though he's missing one essential item — a girl. His low self esteem takes a further jolt when he discovers that all of his classmates have not only landed dates, but also a post-prom hotel room — even geeky Bart, whose room status is a running gag.

Complicating matters is the freshly minted divorce of Danny's parents (William H. Macy and Cheryl Hines), who just want the best for their son, even as they cause further angst.

The movie is more interesting for its low-budget smarts than for its modest story. Rookie writer/director Brian Hecker called on friends and family to pitch in and make the film seem grander than its budget. The story is loosely based on Hecker's own "prama."

Hecker doesn't push things too far, and neither does his cast, and it all works well enough to make this prom worth a DVD date. The meagre extras include pop-up production notes that really make clear just how much a shoestring Hecker was working with.

Peter Howell/for Metro Canada

Apartment Finder
To advertise contact Jason Saddler at 416-443-4394

Victoria Park & Danforth Ave.
Immediate & Later Occupancy
1 & 2 bdrms from $860
Including parking, utilities, New décor; walk to subway, shops
Occupancy Bonus on Selected Suites
416.698.7233
WWW.PRINCESSMGMT.COM

EGLINTON-KIPLING
2 Bdrm from $1,145
Immediate & Later
Beautiful treed setting, near schools, TTC, 427/401, airport, shopping, C/AC avail, Prkg, Hydro, Indoor Pool, Fitness Facility, Security
Apply 1450 Kipling,
S.W. of Eglinton 416-231-2003
www.princessmgmt.com

BEAUTIFUL PENTHOUSE
Lawrence/Don Mills
205 The Donway PH 19
2bdrm +Den
2 washrooms • S. Exposure w/clear view •2 prkg
S/S appliances • Hrdwds
Pool, gym, rec rm
$2300/mo utils incl.
CALL ANIS 416-871-7484
Great Spaces Rlty

65 THORNCLIFFE PARK DR.
Well maintained & Spacious suites in Hi-Rise Building
viewit.ca/65thorncliffe
BACH., 1, 2 & 3 BEDROOMS
416-696-5052
Available for immediate occupancy. Close to all facilities.
www.torontorentals.com/65thorncliffe
Don Mills & Overlea

Metro Supports
Give Girls A Chance!
Educate a Girl.
Change the World.
www.givegirlsachance.org
metro

ROSEDALE
SHERBOURNE & BLOOR
1 & 2 BRS FROM $1275
1 MTH FREE on 1 BRS
Newly-renovated, Stainless steel appliances, With A/C, Ravine setting, Spacious, Steps to subway, Upscale neighbourhood
CALL 416 • 528 • 4356
www.oshanter.com

TAKE A VIDEO BREAK
Visit metronews.ca to watch
metrotube of the day
The video everyone's talking about.

YONGE & DAVISVILLE
Brentwood Towers
BACH 1 & 2 BR FROM $790
1 MTH FREE on Bach & 1 BR
Spacious & newly-renovated
Steps to subway
Upscale Neighbourhood
Convenience store in complex
CALL 416 • 485 • 2538
11am-7pm weekdays, 10am -3pm Saturdays
www.oshanter.com

HAVE A PLACE TO RENT ?
Free To Place A Classified Ad In 25 Cities In Ontario
- $ 10 one time charge in the GTA -
Find A Tenant On Our "Message Board"
LOOKING TO RENT ?
Place A *Free* Ad On Our "Message Board"
Search Through 1,000's Of Listings
TorontoRentals.com

Service Directory
To advertise contact Ian March at 416-443-4388

FINANCIAL

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose
- Purchase or re-finance up to 95%
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into one payment
- Self-employed? No income qualifying?
- Good, bad or no credit?
- Behind in Mortgage Payments?

CALL TODAY FOR DETAILS
COMMERCE VENTURES
416-913-9593
OR 647-273-5626
Licence # 10724

NEED A LOAN? PFS Loan Centre
Bankrupt, Proposal or Past Bad Credit?
Why pay sky high payday loans?
Personal loan (1 yr. on job, $15/hr min. req.)
Car paid off? (2002 or newer - up to $15,000)
Affordable rates!
Think smart. Think Prudent.
PrudentLoanApprovals.com
416.634.2013

MONEY PROBLEMS?
gta credit
MAKE ONE MONTHLY PAYMENT FOR ALL YOUR DEBTS No need for BANKRUPTCY
North York: 416-650-1100 | Scarborough: 416-754-0011 | Mississauga: 905-275-4200 | Brampton: 905-796-3100 | Ajax: 905-426-8400
GTA CREDIT SOLUTIONS SERVICES LTD. www.gta-credit.com

BDO BDO Dunwoody Limited
Get out of debt without going bankrupt
• Reduce amount you must pay back
• Consolidate debt
• Stop interest
• Protect your assets
bdodebthelp.ca
Locations throughout the GTA
1 800 561-DEBT (3328)
Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators

PSYCHICS

Mr. Saleem
Mr. Saleem Renowned African Medium and Clairvoyant (english, french and portuguese speaking). Love specialist, resolves all problems, business success, release from spells, protection against enemies. Reunite lovers' forever even hopeless cases. 25 years experience. Don't suffer in silence seek help!
647-281-4609

MR.ABDOUL AFRICAN MARABUT
NATURALLY GIFTED CLAIRVOYANT / MEDIUM. I CAN HELP WITH ALL YOUR RELATIONSHIP MATTERS, REUNITE LOVERS & SAVE MARRIAGES. REMOVE NEGATIVITY TO IMPROVE YOUR LUCK IN BUSINESS, JOB & COURT CASES. CAST OUT SPIRITS AND UNKNOWN FORCES. PROVIDE LASTING PROTECTION.
WHERE OTHERS HAVE FAILED, I HAVE SUCCEEDED FAST! EFFECTIVE RESULTS!
CALL NOW 416-784-1322

TAKE A VIDEO BREAK
Visit metronews.ca to watch
metrotube of the day
The video everyone's talking about.

MOVERS

Executive Movers
$40/HR PLUS 1 HR TRAVEL 2 MEN & A TRUCK, INSURED AND BONDED WE WRAP FURNITURE USING PLASTIC AND/OR BLANKETS FAST AND FRIENDLY
Call Moses:
647-989-4284
647-654-4284

500 loan service
BROKERS Network
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660

Metro Supports
Give Girls A Chance!
Educate a Girl.
Change the World.
www.givegirlsachance.org

The Money Source
LOANS
FOR WHATEVER YOUR NEEDS MAY BE!
APPLY ONLINE TODAY!
www.mymoneysource.ca
or call (416) 699-2274
Licence # 11127

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
CREDIT APPROVED
*terms and conditions apply
www.mortgagegenie.org
416-667-9834

DO YOU HAVE LOCKED-IN PENSION MONEY?
Get it now if you are in financial hardship (Worked for Eatons? Claims finish in Sept.)
(416)832-4468
Pension Benefits Claims

DIVORCE

SIMPLE (UNCONTESTED)
DIVORCE
ezdivorce.ca
1-888-EZ-EZ-123
3 9 3 9
Lawyer-prepared and filed for you
Member Better Business Bureau

Quick DIVORCE
Pardon - U.S Waiver
From $300
Lawyer Assisted
416-849-4200

Divorce Guidance Centre
R. Montgomery - Lawyer
UNCONTESTED DIVORCE Flat rate (all inclusive)
416-631-7253
(Hablamos Español)

Broken-heart broadcasting

The same day usmagazine.com reported Dean Sheremet was separated from wife LeAnn Rimes, he wrote a Twitter message to fans. "Thanks to everyone for all the support through a very difficult time," the former backup dancer, 28, wrote. METRO NEWS SERVICES

TORONTO LANDLORDS
ADVERTISE NOW TO THOUSANDS OF TENANTS WHO ARE LOOKING FOR SEPTEMBER HOUSING!

Convenient!
- Post your ads online 24 hours a day, 7 days a week, 365 days a year
- Preview, update, and delete your ads at any time
- Include extensive details and up to 5 photos

Cost effective!
- Just $38 for a six week ad, and $22 to renew for an additional six weeks
- Purchase multiple ads at a discounted rate

Gain exposure!
- Over 15,000 students/landlords viewing our ads each month
- Your ad will be viewed by U of T and other post-secondary institutions

www.housing.utoronto.ca
For more info, contact the University of Toronto Student Housing Service
Phone: (416) 978-8045 Email: housing.services@utoronto.ca

Prosecutors fabricated charges to get at Francis, lawyer alleges

Counsel for Girls Gone Wild creator says bribery case is just an attempt to implicate his client

ANDREW H. WALKER/GETTY IMAGES

Girls Gone Wild creator Joe Francis.

Federal prosecutors brought trumped up charges against an associate of Girls Gone Wild creator Joe Francis, two ex-sheriff's deputies and a jail worker to pressure them to implicate Francis in an alleged bribery scandal, a lawyer said.

Attorney David Houston said Francis, his client, was targeted by the FBI after Washoe County Sheriff Mike Haley told federal agents that his internal probe turned up allegations of misconduct at the end of 2007.

Francis was awaiting trial for nearly a year on U.S. tax evasion charges in Reno in 2007.

Prosecutors accuse Francis associate Aaron Weinstein, a video and marketing executive, of bribing the law enforcement officials, including former deputy Michon Mills, with money and gifts that included a Cartier watch and Oakland Raiders tickets in exchange for preferential treatment for Francis.

"The indictment of both Alan Weinstein and Michon Mills, in my opinion, is simply based on the government's attempts to pressure people into making false statements to possibly implicate Mr. Francis in something he has not done and neither have any of the people charged," Houston told The Associated Press.

Greg Brower, U.S. attorney for Nevada, said Sunday "we're going to let the facts come to light as the case moves through the system."

Haley referred all inquiries to the FBI and U.S. attorney. He said his department began an internal investigation in November 2007. Francis has not been charged in the scheme disclosed Friday in a grand jury indictment of Weinstein and the 39-year-old Mills of Carson City.

Francis first drew the legal wrath of authorities in Panama City, Fla., in 2003 when he filmed underage girls baring their breasts and in other sexually provocative poses during spring break. He's awaiting trial on the tax charges in U.S. District Court in Los Angeles.

Weinstein, 45, of Woodland Hills, Calif., is listed as an executive producer on some of the soft porn mogul's projects. He's charged with three counts of trying to bribe a public official. Mills and two others are accused of accepting bribes. One ex-deputy has pleaded guilty to the charge. THE ASSOCIATED PRESS

TORONTO'S FAVOURITE MUSICAL!
SUMMER'S GREATEST OFFER!
Best Seats: $59-$79

JERSEY BOYS
SPECIAL LIMITED TIME OFFER
Save on the best seats in the theatre for performances through September 13!
Must purchase by August 14*
$59 Tues.-Thurs. at 8, Wed. at 2
$69 Fri. at 8, Sat. & Sun. at 2
$79 Sat. at 8
JerseyBoysToronto.com/JBSummer
(416) 644-3665 or (866) 950-7469
Use code JBSummer
TORONTO CENTRE FOR THE ARTS, 5040 Yonge Street
*Some conditions apply. Offer is not valid on previously purchased tickets or in conjunction with any other promotion. Service charges will apply. Offer valid by phone or online only. Sale may end at any time without prior notice.
Photo: Chris Calls
NOW THAT'S BROADWAY!
dancap

YOU COULD WIN a pass for two to see an advance screening of BANDSLAM

ENTER FOR YOUR CHANCE TO WIN! metronews.ca
E1 ENTERTAINMENT
LASENZA GIRL LASENZAGIRL.COM
metro
No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes July 29, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca

Read more Metro online today. metronews.ca

Posing for a good cause
Annie Lennox, Amy Winehouse and Lindsay Lohan are among those who've posed for Bryan Adams to raise awareness about the importance of hearing. FEMALEFIRST.CO.UK

Revisiting the real Frost/Nixon

PBS will air interview to mark 35th anniversary of resignation

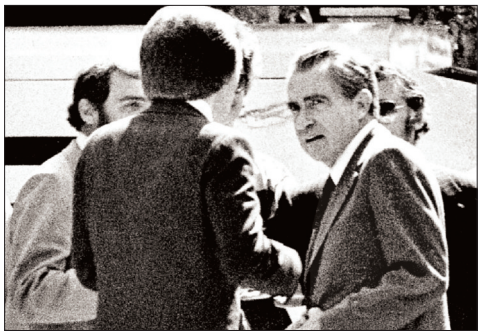
Make-or-break moments in a career often startle by how they appear at a moment's notice, no matter how much time is spent in preparation.

For David Frost, it came when former president Richard Nixon asked him a question. It was near the end of their 1977 interview about the Watergate scandal that drove Nixon from office three years earlier.

To mark the 35th anniversary of Nixon's resignation and capitalize on interest created by the Frost/Nixon movie, PBS is replaying that interview, starting Aug. 3 in the New York area.

The broadcast hasn't lost power with the passage of time. If anything, it's even more fascinating as a historical document, the experience richer after the movie filled in the back story.

Nixon hoped to salvage some dignity from a shattered career, and make money. He was paid $600,000 US for a series of interview sessions on various topics, plus a portion of the broadcasts' profits.


THE ASSOCIATED PRESS

In this April 21, 1977 file photo, former President Richard M. Nixon bids goodbye to commentator David Frost, left, following the last taping of their 12 interviews in Laguna Beach, Calif.

(Frost suggests that wasn't too much, given the expenses involved.)

Frost had cobbled together a makeshift network to televise his work. He was well-known in Britain as a TV host, but not in the U.S., and Mike Wallace's condescending attitude toward Frost during a 60 Minutes interview typified the suspicion of many journalists that he wasn't up to the job.

The first part of the interview plays out like a boxing match. Frost has facts and jabs with them relentlessly, and Nixon learns he won't be scoring a quick knockout.

As the interview wound down, Frost knew he didn't have enough. Nixon had acknowledged mistakes; history demanded more. Frost asked Nixon if he thought the word "mistakes" was enough. "What word would you express?" Nixon replied, flashing one of those smiles that he'd use at inappropriate times.

It was heart-stopping, Frost recalls. He took a breath, then came up with a detailed, three-part response. Americans wanted to hear him say that Watergate was more than a series of mistakes, it was wrongdoing, whether criminal or not. They wanted to hear him acknowledge that he abused the power of his office. And they wanted to hear him say that he put the country through two years of needless agony, and that "unless you say it, you're going to be haunted for the rest of your life."

"That was totally off-the-cuff," Frost says now. "That was totally ad-lib. In fact, I threw my clipboard down just to indicate that it was not prepared in any way ... I just knew at that moment that Richard Nixon was more vulnerable than he'd ever be in his life. And I knew I had to get it right."

THE ASSOCIATED PRESS

On TV

- PBS will replay David Frost's interview of Richard Nixon starting Aug. 3.

TV Babies!

"Our babies and kids are busy!" says Ann Love at The Baby Face Agency. "In ads, movies, and modelling, some earned $30,000."

"We need cute babies and toddlers and boys and girls up to 16!"

Phones are open now for parents to list babies and kids. Dial (416)

925-6140

YOU COULD WIN
A PASS FOR 2 TO SEE AN ADVANCE SCREENING OF *A PERFECT GETAWAY*

IN THEATRES AUGUST 7
ENTER FOR YOUR CHANCE TO WIN!
metronews.ca
ALLIANCE
metro
No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes July 28, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca

Longoria to co-host ALMA ceremony

AWARDS Eva Longoria Parker and George Lopez will host September's ALMA Awards celebrating Latino achievement in entertainment. The ceremony honouring those who work in film, TV and radio will air Sept. 18 on ABC.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

TO 7/28/09

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	265	353	2	TVO Blue Realm (DVS)		The Best of The Agenda		Marking Time		Linda and Ali: Two Worlds Within		Four Walls
	211	331	3	GTV ET Canada	Entertainment	NCIS "Knockout" (HDTV)		Big Brother 11 (N)		NCIS		News
	215	343	4	OMN1 Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
	214	344	7	CITY Law & Order: SVU		Hell's Kitchen (N)		More to Love (N)		The Bachelorette (N)		News
	212	313	8	CTV Corner Gas	Hollywood	CSI: NY		Criminal Minds (HDTV)		Law & Order: SVU		News
	218	345	11	E! The Insider (N)	E! News	Inside Hollywood		Better Off Ted	Better Off Ted	Ruby	Ruby	News/Eleven
	137	763	13	TFO Panorama été	Esprit	Tout simple	Villages	*Peau d'ange* (2002, Drame sentimental)			Folie-aventure	Esprit
	-	-	14	- Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN Stargate SG-1		*The Truth About Lying* (1998, Suspense) John Ritter.				The DVD Show	Argos Access	Becker
	-	387	16	CBS Inside Edition	Hollywood	NCIS "Knockout" (HDTV)		Big Brother 11 (N)		Medium (HDTV)		News 4 at 11
	-	385	17	NBC The Insider (N)	Entertainment	America's Got Talent		America's Got Talent (N)		Law & Order: SVU		News
	-	386	18	ABC Wheel-Fortune	Jeopardy!	The Superstars (Season Finale) (N)			Better Off Ted	The Bachelorette (N)		News
	219	346	20	ACH-B The Road to Avonlea		Monk		America's Got Talent (N)		Cupid		News (N)
	-	-	28	FOX Judge Judy	Two/Half Men	Hell's Kitchen (N)		More to Love (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS News-Lehrer	Foot in Grave	Nova (HDTV) (DVS)		Nova scienceNOW (N)		Black Coffee		Business Rpt.
	297	652	330	WPX Two/Half Men	Family Guy	90210 (HDTV)		Hitched or Ditched		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK Wheel-Fortune	Jeopardy!	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	90210
news	502	390	26	NW CBC News	Mansbridge	The Hour		CBC News: The National		The Third Sex		National
	500	500	33	CNN Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB Kudlow Report		CNBC Reports		Porn: Business of Pleasure		Inside Track: NASCAR		Mad Money
sports	405	417	22	net Billiards: U.S. Open Nine-Ball		Best Damn Sports Show		MMA Conn	Jays	MLB Baseball: Blue Jays at Mariners		
	400	400	30	TSN World Extreme Cagefighting		2008 World Series of Poker		2008 World Series of Poker		SportsCentre (HDTV) (Live)		
	411	457	58	OLN Ghost Hunters		Dog the Bounty Hunter		Survivorman		Ghost Hunters		Bounty Hunter
	417	406	81	SC Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
family	551	542	25	YTV Drake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
	554	544	45	TEL Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	556	540	51	FAM Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W Style by Jury	Friends	House	Style by Jury	Style by Jury	Style by Jury	*Come Dance at My Wedding* (2009, Drama)		
	570	580	29	MM One Tree Hill		Degrassi: TNG	Instant Star	Greek		Video on Trial	disBand	One Tree Hill
	615	520	31	A&E The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner
	700	800	35	TLN Centrovetrine	Sky TG 24	Magnifica Italia	Magnifica Italia	Ma Il Portiere non C'e Mal?		Raymond	Raymond	George Lopez
	571	581	36	MMM The Daily Fix		Ranked!		I'm a Celebrity, Get Me Out.		Entourage	Gene Simmons	The Daily Fix
	575	583	38	CMT Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	616	521	39	SHO The Outer Limits		Painkiller Jane		*Every Second Counts* (2008, Drama) Stephen Collins.				House
	620	523	40	BVO Quasar Quartet 6		Live at the Rehearsal Hall		Saturday Night Divas		Freddie Mercury		Law & Order
	601	562	41	SLC Skin Deep	Til Debt-Part	Rich Bride, Poor Bride		Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	522	506	43	HIS NCIS "Sharif Returns"		Lost Worlds		To Build a Nation		NCIS "Sharif Returns"		Nuclear Sharks
	625	548	44	COM Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	600	564	46	H&G House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS Family Guy	Family Guy	House-Payne	House-Payne	*Deep Impact* ★★ (1998, Drama) Robert Duvall, Tea Leoni, Elijah Wood.				
	576	582	49	BET 106 & Park: BET's Top 10 Live		*The Cookout* ★ (2004, Comedy) Ja Rule, Tim Meadows.				Tiny & Toya	Tiny & Toya	W. Williams
	627	528	50	SPC Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		Ghost Hunters		Stargate SG-1
	581	566	52	MTV Super Sweet	Super Sweet	16 and Pregnant		16 and Pregnant "Maci"		Daddy's Girls	Daddy's Girls	MTV Live
	618	524	54	TROP Power Play "The Mask"		Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	56	FOOD Chef at Home	French Food	At the Table	At the Table	Heil's Kitchen		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		5 Seekers	Search	Poltergeist
	621	527	63	STR The Ellen DeGeneres Show		TMZ (N)	Hollywood	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien		TMZ
	553	546	65	TRE Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Big Comfy	Zigby	Max & Ruby
	115	711	101	TVA Qui perd gagne (SC)		Fort Boyard (SC)		Nos étés (SC)		TVA 22 heures	Sucré-salé	*Chevaliers du*
	126	730	102	RDI 24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA Judging Amy		Missing		The Closer "Dumb Luck"		Encounters	In Dreams	Psychic Inv.
	300	601	301	M1 *Reservation*	(7:25) *45 R.P.M.* (2008, Drama)			*Mamma Mia!* ★★ (2008, Musical Comedy) Meryl Streep.				*Missed Call*
	305	612	306	PIX (7:15) *54* ★★ (1998, Drama) Ryan Phillippe.				*Planes, Trains and Automobiles* (1987)			(10:45) *Louis the 19th*	

critics' corner

Dog the Bounty Hunter
In this episode, Duane "Dog" Chapman has his heart squeezed by his latest target: Mona Lisa. Dog's Mona Lisa is a young woman whose lifestyle has gotten her into some hot water. Since his own daughter Barbara recently died in a high-speed car accident, Dog is determined not to let Mona ruin her life. 5 PM on OLN

NCIS
Not all the sparring is in the ring as NCIS Director Leon Vance "borrows" Gibbs' team for an investigation of his own into the murder of a boxer who was a friend, prompting Gibbs to dig for more information on Vance's past in "Knockout." 8 PM on GTV CBS

More to Love
Luke Conley, 26, a college football player-turned-subcontractor and real estate investor, is a husky guy seeking romance with a full-figured woman comfortable in her own skin. Will he find her in this new dating competition show? With 20 voluptuous ladies vying for his attention, he's bound to have fun trying. 9 PM on CITY FOX

Rob doesn't seek musical spotlight

Robert Pattinson would never consider showing off his musical talents at an open mike night, because he's too shy. The British actor is a keen guitar and piano player and even writes his own songs, two of which appeared on the Twilight soundtrack. METRO NEWS SERVICES

Celebrity Buzz

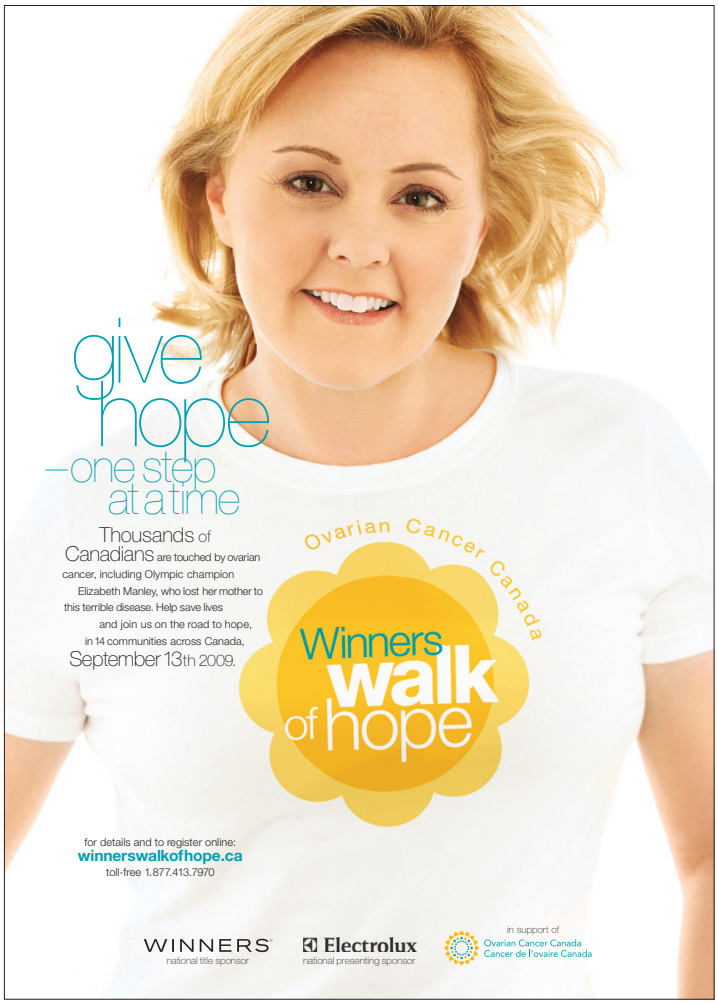
The Jackson-Hilton connection

CELEBRITY CONNECTIONS Paris Hilton insists that she was the inspiration for the name of Michael Jackson's daughter.

"My mom and Michael went to high school together and they were best friends since they were 13," Hilton told Extra. "So I grew up knowing Michael very well and when he had his daughter, he always loved the name Paris and grew up being an uncle to me. So he asked my mom if it was OK and, of course, she said yes.

"I think Paris is such a beautiful little girl and I'm proud we have the same name."

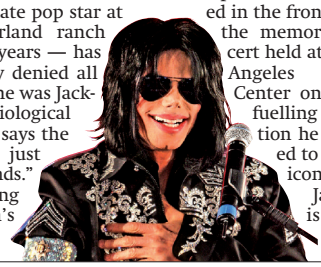
METRO WORLD NEWS



MJ friend, not father: Omer

CLARIFICATION Omer Bhatti is not Michael Jackson's secret son, femalefirst.co.uk reports.

The 25-year-old Norwegian dancer — who lived with the late pop star at his Neverland ranch for eight years — has reportedly denied all rumours he was Jackson's biological child and says the pair were just "best friends."



According to Britain's Sunday Mirror newspaper, he told a pal: "Michael is not my father. He and I were very, very close. He was my best friend."

The performer was seated in the front row of the memorial concert held at the Los Angeles Staples Center on July 7, fuelling speculation he is related to the pop icon.

Jackson is believed to have told friends in 2004 he was Bhatti's biological father after having a one-night stand with his mother, Pia, in 1984. But the dancer reportedly claims this is untrue.

He added to a friend: "Michael always used to say I was like a son to him. But my true parents are here in Norway. The reason why I was asked to sit with his family at the memorial service is because I was Michael's closest friend, not because I am his son." METRO NEWS SERVICES

What about your family, Michael?

GOOD POINT As Michael Lohan emerges as a new advisor to Jon Gosselin, sources tell People magazine that the Lohans wish he'd focus on his own family and pay the six months of child support they say he still owes — a debt Michael disputes.

"It's embarrassing, he's embarrassing," said a Lohan insider. "He's trying to get deals for Jon. Maybe Jon can tell Michael to pay (ex-wife) Dina child support. He's now six months behind."

A second Lohan source confirmed what Dina is owed: "Over $12,000 is due, and it's in the hands of collections now."

Michael Lohan, however, denies the debt. "That's a total lie. I pay Dina and the kids cash all the time," he told People, adding, "This is typical of what Jon and I discussed about spouses being vindictive and destroying a relationship between a father and their children."

METRO NEWS SERVICES

Ex blabs about Amy's OD

TELL-ALL Now that he's split from Amy Winehouse, Blake Fielder-Civil is dishing on the wilder times in their marriage, including a night when Winehouse almost died of an overdose after a three-day drug binge.

"Her eyes suddenly went blank. She started having a fit on the bed. She slid down on to the floor before I could stop her," he told the Sun. "I thought she was dying in my arms."

Fielder-Civil says even he pressured her to sober up: "She had everything going for her. But she ended up behaving badly just to shock. After a while that just becomes a bore. I wanted her to stop."

METRO NEWS SERVICES

No cell phones, no exceptions

EVEN THE QUEEN OF POP Madonna had to hand over her cell phone just like everyone else before being admitted to Jennifer Lopez's swank 40th birthday celebration at the Hotel Griffou in New York.

A-lister or not, every guest was required to check any phones or cameras, according to Hollyscoop.

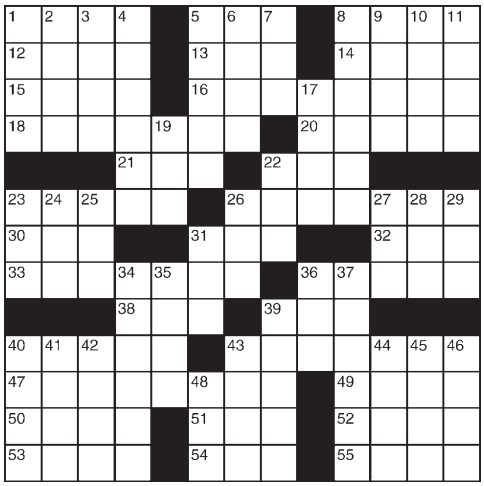
GETTY IMAGES

METRO WORLD NEWS

The Weather Network 20 YEARS
©The Weather Network theYear
Today Thundershowers 27°/ 17° 40%
Wednesday Showers 24° / 14° 40%
Thursday Partly cloudy 25°/ 17°
The Weather Network GTA TRAFFIC UPDATES DOWNLOAD TRAFFICEYE

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Recipe meas.
5 Salt Lake tribe
8 Sound of longing
12 Back
13 Gun toters' org.
14 Radius neighbour
15 Plankton component
16 Puns and such
18 Hefner magazine
20 Takes a break
21 A billion years
22 Scratch
23 Chic again
26 *NSYNC or Menudo
30 Raw rock
31 Chip accessory
32 Modern prefix
33 Exquisitely neat
36 Trust
38 Hearty brew
39 Unruly bunch
40 Extremist
43 Grandstand accommodation
47 Driver's protector
49 Hodgepodge
50 Wan
51 "Gosh!"
52 Discourteous
53 Raced
54 Hooter
55 Evidenced a wound

DOWN

1 Snare
2 Telephone inventor
3 Long story
4 Orison
5 Yet to be achieved
6 Helen's home
7 Listener
8 Excellent
9 Troubles
10 Summertime pest
11 Robert of "Airplane!"
17 Wagon
19 Ghost's call
22 Swab the decks
23 Filch from
24 Historic time
25 Sawbuck
26 Jazz cornetist Beiderbecke
27 Blackbird
28 Butterfly catcher
29 Homer's interjection
31 Buck's mate
34 Moved quickly
35 Spill the beans
36 Henhouse threat
37 Soak up
39 Roadside stopover
40 Letter delivery grp.
41 Bound
42 Yarn
43 Huffed and puffed
44 Hebrew month
45 Staffer
46 Pigeon- — 48 Id counterpart

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3		4		5		9	
		1				5		
	9		6		7		1	
	4	5				9	3	
8								1
	1	7				8	2	
	6		9		2		7	
		3				6		
	5		7		8		4	

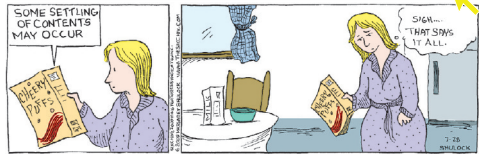
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	W	A	N		S	L	Y		E	S	S	E
O	A	H	U		Y	E	A		S	A	U	L
B	L	O	C		M	O	N	O	C	L	E	S
S	K	Y	L	A	B		K	A	R	A	T	E
			E	R	O	S		R	O	D		
C	U	T	I	C	L	E	S		W	O	R	E
A	S	A		S	I	T	A	R		I	O	N
T	H	U	D		C	U	B	I	C	L	E	S
		T	E	L		P	E	S	O			
I	C	E	B	A	G		R	E	P	O	R	T
M	A	N	A	C	L	E	S		P	L	E	A
A	P	E	S		O	V	A		E	L	A	N
N	O	D	E		M	E	W		R	A	M	S

4	5	7	2	3	8	6	1	9
2	9	6	1	7	5	3	8	4
3	1	8	4	9	6	2	5	7
1	6	2	5	4	3	9	7	8
9	7	3	8	6	1	4	2	5
8	4	5	7	2	9	1	6	3
7	2	1	9	5	4	8	3	6
5	3	9	6	8	2	7	4	1
6	8	4	3	1	7	5	9	2

On the web

Find more games to play + more cartoons by the Six Chix at metronews.ca



Metro Recipe of the Day

Beef and Beet Coleslaw Sandwich

INGREDIENTS:

1/3 cup (75 ml) light mayonnaise
1 tbsp (15 ml) wholegrain mustard
4 large whole wheat rolls
1 ½ oz (50 g) watercress or arugula leaves
10 oz (300 g) lean rare roast beef, thinly sliced
7 oz (200 g) red cabbage, finely shredded
1 small red onion, thinly sliced
5 oz (150 g) cooked beets, peeled and coarsely grated
1/3 cup (75 ml) low-fat natural yogourt

METHOD:

1. In large bowl, mix mayonnaise and mustard. Split rolls in half and spread bottom half of each with this mayo and mustard mixture.
2. Top bases with watercress or arugula and divide slices of roast beef among them.
3. In same bowl as used for mayonnaise, make coleslaw by mixing red cabbage, red onion and beets. Add yogourt and stir to coat. Pile coleslaw on top of beef, season with freshly ground black pepper, then put tops of rolls back on. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Others will want to do things for you today, and who are you to refuse a helping hand?

TAURUS ♉
APRIL 21-MAY 21
If there is something you want today, something that only a particular person can give you, then come right out and say so.

GEMINI ♊
MAY 22-JUNE 21
You will find it amazingly easy to express yourself, and as a result relationships generally, and affairs of the heart in particular, will go very well indeed.

CANCER ♋
JUNE 22-JULY 22
Something you hear when you really should not have been listening will start a train of thought that leads you in some interesting directions.

LEO ♌
JULY 23-AUG 23
You seem to know what others are going to say before they actually put their thoughts into words, which is kind of creepy but useful too.

VIRGO ♍
AUG 24-SEPT 22
You seem to have withdrawn into your shell a bit of late, which is understandable as the Sun is transiting the most sensitive area of your chart.

LIBRA ♎
SEPT 23-OCT 23
No matter how busy your schedule may be, you must make time for your friends and your family.

SCORPIO ♏
OCT 24-NOV 22
A remark you toss into a conversation might not be meant seriously but someone will take it that way, so watch what you say.

SAGITTARIUS ♐
NOV 23-DEC 21
Something will happen today that makes you wonder if there are things going on behind the scenes that you should know about.

CAPRICORN ♑
DEC 22-JAN 20
Money matters and business issues are under favorable stars and there is reason for optimism as far as your wealth situation is concerned.

AQUARIUS ♒
JAN 21-FEB 18
It might be best to make your excuses and leave if you find yourself being dragged into a dispute that really has nothing to do with you.

PISCES ♓
FEB 19-MARCH 20
Find ways to get everyday chores out of the way quickly today. The best way, of course, is to get others to do the boring stuff for you.

FLIGHT CENTRE Unbeatable
RECEIVE $10◊
Book any roundtrip Air Canada domestic airfare by July 31st & receive an additional $10◊ off.
AIR CANADA
1 877 923 2248 | flightcentre.ca
Conditions apply. Ex: Toronto. ◊Valid on new bookings only made in-store with Flight Centre on Air Canada roundtrip domestic airfare when purchased by July 31, 2009. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG#4671384 TICO

WORDY GURDY®

BY TRICKY RICKY KANE

1. Salute a reading system for the blind (1)
2. Yours truly will smooth fingernails (1)
3. Actress Fonda's linked necklaces (1)
4. Tightly curled stair-walking toy (2)
5. Separates from actor Keanu (1)
6. Excessive pride for a sea cow (3)
7. Forty-winks catcher's candy coverings (2)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

© 2009 United Feature Syndicate, Inc.

7-28-09

ANSWERS
1. HAIL BRAILLE 2. ILL FILE 3. JAMES CHAINS 4. KINKY SLINKY
5. LEAVES REEVES 6. MANATEE VANITY 7. NAPPERS WRAPPERS

This day in history

JULY 28, 1942: World War II: Soviet leader Joseph Stalin issues Order No. 227 in response to alarming German advances into the Soviet Union. Under the order all those who retreat or otherwise leave their positions without orders to do so will be immediately executed.
JULY 28, 1945: A U.S. Army B-25 bomber crashes into the 79th floor of the Empire State Building killing 14 and injuring 26.
JULY 28, 1976: The Tangshan earthquake measuring between 7.8 and 8.2 moment magnitude flattens Tangshan, the People's Republic of China, killing 242,769 and injuring 164,851.

METRO NEWS SERVICES

AIR CANADA VACATIONS

Save up to 65%

– plus –

get up to 2 night FREE!

Ask about our $250
Red Lane® Spa Credit

EARN UP TO 5,000 BONUS AEROPLAN® MILES‡

Turks & Caicos

Beaches Turks & Caicos Resort Villages & Spa
Luxury Included® Family Vacation
Turquoise deluxe rm.
Sept. 12 & 19 • 1 wk.

$1869
Taxes & fees: $230

DEALS of the WEEK

Las Vegas
Luxor Las Vegas • 4★
Pyramid rm.
Sept. 20, 21, 27-29 • 3 nts.
$25 food & beverage credit, $25 spa credit

$419
Taxes & fees: $191

Punta Cana
Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Sept. 5-27 • 1 wk.
Upgrade to the Royal Club luxury room for only $229 per person

$559
Taxes & fees: $317

Samana
Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Sept. 6-27 • 1 wk.

$639
Taxes & fees: $317

Cayo Coco / Cayo Guillermo
NH Krystal Laguna Villas & Resort • 4★
All-Inclusive • Club laguna rm.
Aug. 15 & 22 • 1 wk.
FREE upgrade to suite

$769
Taxes & fees: $222
Departure tax: 25 CUC cash, paid locally.

Holguin
Playa Costa Verde • 4★
All-Inclusive • Standard rm.
Aug. 8-22 • 1 wk.

$799
Taxes & fees: $222
Departure tax: 25 CUC cash, paid locally.

Cancun / Riviera Maya
Grand Riviera Princess All Suites Resort & Spa • 4 1/2★
All-Inclusive
Platinum suite
Nov. 4, 11, 18 & 25 • 1 wk.

$1049
Taxes & fees: $289

St. Lucia
Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Sept. 6, 13 & 27 • 1 wk.

$1279
Taxes & fees: $227

Barbados
Almond Casuarina Beach Resort • 4★
All-Inclusive • Standard rm.
Sept 8-30 • 1 wk.

$1969
Taxes & fees: $180
Based on Tues.-Thurs. departures

DEAL to EUROPE

London
Barkston Gardens • 3 1/2★
Breakfast
Standard rm.
Sept. 6, 16-20 • 1 wk.

$899
Taxes & fees: $408

DEAL on CRUISES

Royal Caribbean International[1]
Adventures of the Seas®
Southern Caribbean Cruise • Flights to San Juan
All meals included
Interior stateroom, cat. N
Dec. 20 • 7 nts.

$1549
Taxes & fees: $252

Earn up to 7,000 Aeroplan® Miles per member†

Executive Class® service from only $299 extra[2]

aeroplan

Beaches RESORTS by Sandals

aircanadavacations.com

Call 1 866 529-2079 or your travel agent

Prices in this ad are valid for bookings made between July 28 & Aug. 1/09, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Toronto International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. Ontario registration #50013537. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Toronto to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ‡Bonus Aeroplan Miles for Sandals and Beaches are based on 2 Aeroplan members occupying the room and are awarded at a rate of 500 bonus Aeroplan Miles per member for Luxury room, 1,000 bonus Aeroplan Miles per member for Concierge suite, or 2,500 bonus Aeroplan Miles per member for Butler service suite. ■ [1]Royal Caribbean International Ltd. ships' registry: The Bahamas. [2]Available on select flights. Full details available at aircanadavacations.com/executiveclass. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.